

Compassion

Alignment Assessment

Both alignment and misalignment are part of the human experience. Misalignment doesn't mean failure — it's a signpost pointing to where growth is calling you. Alignment isn't perfection either — it's the daily practice of living closer to your values and truth.

The statements that follow are here to help you notice patterns. Some may feel familiar, others less so. They aren't labels, but gentle mirrors — showing where you may already be strong, and where you may be invited to grow.

Awareness is only the first step. Real change happens choice by choice, in the way you respond to everyday moments. That's why you'll also find Everyday Alignment Practices — simple, practical steps to help shift from misalignment toward greater balance and clarity.

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Misaligned

- I struggle to empathize unless I've had a similar experience myself.
- I only extend compassion when I understand someone's story, choices, or behaviour — otherwise I withhold it.
- I become frustrated when others don't show the level of compassion I expect.
- I over-identify with the suffering of others and become stuck in their pain.
- I judge people for not meeting my standards of kindness or empathy.

Aligned

- I extend compassion without conditions or prerequisites.
- I can empathize even when I don't fully understand someone's circumstances.
- I witness others' pain with care without becoming consumed by it.
- I remain steady and kind, even when compassion feels challenging.
- I accept that compassion develops at different stages for different souls.

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Everyday Alignment Practices

Change doesn't happen overnight — it's built one choice at a time. Every decision to respond with openness, empathy, and acceptance strengthens your alignment. These small practices can help you shift from misalignment toward a truer understanding of compassion.

- **Widen your perspective.** When you don't understand someone's choices, pause and remind yourself: *Their story may be bigger than what I see.*
- **Practice compassion without conditions.** Offer kindness or patience without needing to fully understand or agree.
- **Notice expectations.** When you feel frustrated by others' lack of compassion, ask, *Am I expecting them to be at a stage I once had to grow into myself?*
- **Stay grounded in empathy.** Care for others by being present and listening, but remind yourself their pain is not yours to carry.
- **Choose acceptance over judgment.** Replace "Why aren't they kinder?" with "They may not have learned this yet — and that's part of their journey."