

## Compassionate Meditation- Record Form

Use the scale below to indicate how easily you were able to experience compassion towards your loved ones and others. You may also like to include comments about your practise such as specific phrases you liked, who you were imagining sending compassion to, or perhaps why you missed practise.

Feeling very uncompassionate	0	1	2	3	4	5	6	7	8	9	10	Feeling very compassionate
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Day	Date / Time	Compassion level before practise	Compassion level after practise	Comments
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			

	Practise 2:			
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	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			