

Quiz

1. What is the first psychology of compassion? (MC) (Gilbert et al., 2017)
 - A. **A sensitivity to the suffering of self and others**
 - B. A positive change in ourselves and other
 - C. A passive state of mind
2. What is the second psychology of compassion? (MC) (Gilbert et al., 2017)
 - A. **A commitment to relieve and prevent suffering of self and others**
 - B. An attunement to the suffering of self and others
 - C. A fleeting feeling of sympathy
3. What does the threefold interaction of compassion involve? (Tick-boxing) (Gilbert et al., 2017)
 - **Self-compassion**
 - **Compassion towards others**
 - **Compassion from others**
 - Compassion to people I hate
4. Does compassion equate to unconditional tolerance towards others' suffering? (MC)
 - A. Yes
 - B. **No**

4a. Why do you think so? (Discussion Question) (Gilbert et al., 2017)

Compassion not only refers to a sensitivity to the suffering of self and others, but also the commitment to relieve and prevent suffering of self and others. If others' suffering affects our well-being, we should compassionately address our struggles to relieve our present and future suffering, even when it is difficult to do so.

Reference: Although being compassionate sometimes requires us to be soothing, listening, accepting, being with and validating ourselves or others, at other times it may require courageous actions. In saving a child from a burning house, we would not be in a state of 'calm kindness', but possibly one of controlled panic with an 'urgency to act'.

Compassionately addressing our depressions may require us to (courageously) take difficult actions such as leaving an abusive relationship. In addition, we recognise that to prevent suffering in the future, we may need to commit to developing complex coping skills.

5. What are the three components of self-compassion? (Tick-boxing) (Acland & Spain, 2022)
 - **Strength**
 - **Caring commitment**
 - **Wisdom**
 - Empathy

- Understanding of oneself
 - Connectedness
6. What does mindfulness in self-compassion mean? (MC)
- A. Holding suffering in balanced awareness without being completely absorbed by negative feelings (Neff, 2003)**
 - B. Non-judgmental acceptance of one's moment-to-moment experience
 - C. A type of meditation that relaxes our body and mind
7. What are the cognitive-affective aspects of compassionate communication? (Tick-boxing) (Julia et al., 2024)
- **Recognizing the need for compassion in the recipient that involves perspective-taking**
 - Recognizing, relating, and reacting compassionately to the recipient's compassion-needy situation through verbal and non-verbal means
 - **Relating to the recipient to enable sharing of emotions, values, and decisions**
 - Behaviors that are perceived or could be perceived as compassionate by the communicator, recipient, or any other individual

Reference: Cognitive-affective aspects refer to all those cognitive and affective processes involved in effectively communicating compassion. This could be differentiated into:

- a. *Recognising the need for compassion in the recipient that involves perspective-taking, i.e., to make sense of the verbal and/or non-verbal cues indicating another's need or feeling*
- b. *Relating to the recipient to enable sharing of emotions, values, and decisions and involves a consubstantial manner of either or both of the following: 1. Feeling with (i.e., kind compassion comprising of sympathy and kindness) or feeling for (i.e., affective empathy comprising of emotional resonance without having emotional stimulation to oneself) another's experience. 2. Cognitively connecting with another's experience (experiential and relational understanding)*

8. Which of the following is an accurate description of the benefits of practicing compassion? (MC)
- A. Compassion only benefits the receiver, not the person showing compassion
 - B. Compassion can improve overall well-being, reduce stress, and enhance social connections**
 - C. Practicing compassion increases our self-indulgence.
 - D. Compassion is solely a moral obligation without any personal advantages

Reference: Research suggests that practicing compassion has numerous benefits for the person showing compassion. For example, a study by Kok et al. (2013) found that engaging in acts of compassion increased positive emotions and life satisfaction while reducing depressive symptoms. Another study by Stellar et al. (2015) demonstrated that compassionate

acts are associated with lower stress levels and improved physiological functioning. Additionally, practicing compassion has been shown to foster social connections and strengthen relationships (Goetz et al., 2010). These findings indicate that compassion not only benefits the receiver but also positively affects the well-being and social connections of the person showing compassion.

9. Which of the following best describes the difference between empathy and compassion?
- Empathy and compassion are synonymous terms
 - Compassion is the ability to understand and share others' emotions, while empathy involves taking action to alleviate their suffering
 - Empathy is the ability to understand and share others' emotions, while compassion involves taking action to alleviate their suffering**
 - Empathy and compassion are separate and unrelated concepts

Reference: Empathy and compassion are related but distinct concepts. Empathy refers to the ability to understand and share others' emotions, putting oneself in their shoes (Seppälä et al., 2015). Compassion, on the other hand, involves not only understanding others' suffering but also being motivated to take action and alleviate their pain or distress (Neff, 2003). While empathy involves emotional resonance, compassion encompasses empathy combined with a desire to help.

10. Which of the following is important for promoting compassionate communication in groups?
- Dominating discussions and not listening to others
 - Actively listening to understand different perspectives**
 - Only expressing one's own views and trying to convince others
 - Avoiding challenging topics to keep discussions positive

Reference: Active listening is important for compassionate communication as it allows all members to feel heard and understood (Younger, 2023). Listening with empathy helps group discussions stay respectful by understanding different perspectives rather than any one viewpoint dominating.

11. Which statement about compassionate feedback is most accurate?
- Focus only on mistakes and shortcomings
 - Be sparing with praise and generous with criticism
 - Avoid critical feedback to protect feelings
 - Balance positive and negative feedback respectfully**

Reference: Compassionate feedback involves both acknowledgment of efforts and successes as well as areas for improvement (Neff & Beretvas, 2013). A balanced approach supports growth without demoralization

12. What are the possible negative consequences of compassionate communication? (Julia et al., 2024)
- A. Compassionate communication might mislead people into taking advantage of us for being too nice.
 - B. Compassionate communication might make others feel burdensome and annoyed.
 - C. Compassionate communication might lead to compassionate fatigue and burnout.**
 - D. Compassionate communication is not effective in showing my compassion to others.

Reference: However, the present review brings in research evidence notifying the probable negative impact of compassionate communication. Compassionate communication leads to compassion fatigue, burnout, and the detrimental consequences associated with it if the 'relating' process of compassionate communication involves 'feeling with' (characteristic of sympathy and empathic concern) instead of 'feeling for' (characteristic of affective empathy that does not involve emotional stimulation to oneself) another's distress over a long period (Snyder, 2012; Powers and Myers, 2020). This is validated by studies suggesting distress tolerance to be a mediating variable in the relationship between compassion and prosocial behaviours (Eisenberg et al., 1989; Gilbert, 2009; Kaltwasser et al., 2017; Falconer et al., 2019). This is an important insight that can be considered to design interventions in a way that nullifies any possible negative outcomes of 'relating' with compassion.

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