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We all go through periods of suffering. Seeing others in distress causes me to reflect on the periods in my life where I have been in pain and sorrow, too.

I am a compassionate person. When I see others suffering, I am moved by their distress. I set aside my own needs and reach out to those individuals to ask if they would like a listening ear or a friend.

Sitting down with others to listen to how they are feeling and hear their stories is my own unique way in which I can bring help to the suffering and joy to the sorrowful.

My gift of empathizing, listening, and offering a supportive shoulder to others is one which I freely give and expect nothing in return.

Today, when I see someone in tears, in physical pain, or emotionally suffering, I choose to reach out. I say something nice to them, give them a gift, do them a small favor, or just sit down with them to listen to their story. This is my way of paying it forward.

Self-Reflection Questions:

1. Who do I know that is in distress, pain, or suffering? How can I help them?
2. In what ways have I reached out to others in the past to help them with their challenges?
3. How can I maintain awareness of others around me whom I may not know personally, but who are in distress or suffering? How can I help them?