

Compassion Survey

Survey others to determine how well you exhibit compassion.

Is compassion a strength for you? Here's a simple test: How many people could you call at four in the morning, knowing they would want to help you? The length of a 4:00 a.m. list is a pretty good assessment of the degree of your compassion.

If you want additional insight, ask a half-dozen people you know, like, and trust to fill out the survey too.

To increase your 4 a.m. list and your score on this brief survey, you might practice engaging in active and constructive conversations. To understand what that means, here's a small example. Say a friend shares good news about a promotion. You can respond in one of four ways:

1. **Active and constructive**—Ask good questions to learn about the details of your friend's good news. Offer honest and detailed praise for their achievement.
2. **Passive and constructive**—Say something positive like "That's great," but not much else.
3. **Active and destructive**—Say something like "Sounds like a lot of responsibility" without recognizing the person's achievement.
4. **Passive and destructive**—Say something like "When are we going to eat dinner?" and completely ignore the good news the person just shared with you.

People like us better and share more details of their lives when we communicate using an active/constructive method. We also feel better about ourselves by focusing on others rather than only caring about ourselves.

Practice active and constructive conversation for a period of time. Then distribute the survey again to see if you were able to move the needle.



Your colleague _____ is asking you to evaluate them on these five statements:

	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree
1) Demonstrates genuine concern for other people.	<input type="checkbox"/>				
2) Creates an environment where compassion is actively encouraged.	<input type="checkbox"/>				
3) Shows that he/she understands what others are thinking and feeling.	<input type="checkbox"/>				
4) Creates an environment where everyone feels that his/her effort can make a difference.	<input type="checkbox"/>				
5) Builds relationships with key people in other functions, divisions, groups, and levels.	<input type="checkbox"/>				

In what ways is your colleague compassionate? What feedback would you share with them?

