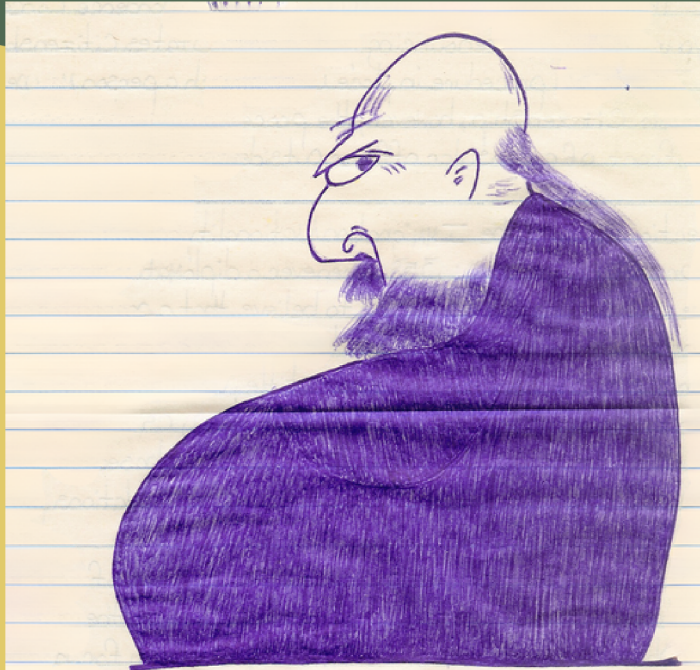


**“The ones that are the hardest to love are
the ones that need it the most.”**

Robert, 2010

Reflection

Breathe deeply and imagine you are receiving all the kindness the world has to offer. Now, it is your turn to share kindness with someone you find difficult. Pay attention to the feelings that come up; be curious and kind to yourself as you offer kindness to this person. Say to them (and yourself):
may you be happy, may you be safe, may you be healthy and live with ease, may you be free.



Art by Tommy B.

Questions

When did you show love to someone when it was hard?
What did you learn?

When did you feel like you were hard to love? Who showed you love at this time in your life? What did you learn?