

# JUST LIKE ME

**(HIS/HER NAME).**

HIS IS SO CRITICAL OF ME

HE NEVER LISTEN

HE IS FULL OF ANGER AND CAN'T  
CONTROL HIM SELF IN X SITUATION

HE IS NEVER ON TIME

HE CAN'T SEE THE GOOD IN THINGS

HE DOESN NOT RESPECT MY TIME  
AND EFFORT

**(YOUR NAME).**

JUST LIKE ME-I CRITICISE MYSELF

JUST LIKE ME-I NEVER LISTEN TO HIM

JUST LIKE ME-I AM FULL OF ANGER AND I CAN'T  
CONTROL MY SELF IN X SITUATION

JUST LIKE ME- I DON'T RESPECT MY TIME

JUST LIKE ME- I CAN'T SEE THE GOOD IN HIM

JUST LIKE ME- I DON'T RESPECT HER TIME AND  
EFFORT

# JUST LIKE ME

An easy but transformative way to come back to love and kindness is to realise that we are all one. We are sharing the same qualities, emotions and behaviours. This tool, given by the kind teacher RAM DASS, is teaching us to be kind, open hearted and forgiving. It's easy to love someone who is kind to us, but what about someone who is triggering us?

In the following example you can see how you can use this tool with someone who you are struggling to feel love , kindness or compassion.

Instructions:

1. In the left column you write his/her name, and below all the things that annoys you in this person
2. In the right column, you write your name, and below you write just like me, next to all the 'annoying qualities'
3. Then pause and think:
4. Are you feeling/acting the same way towards this person?
5. Are you feeling/acting the same way towards yourself?
6. Are you feeling/acting the same way towards someone else?
7. And fill in accordingly.