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Think Outside The Box

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Compassionate Goals

Liya Panayotova, Psychologist, liyap.com 2.6K reads

Being involved in self-judgment makes you lose sight of the big picture. It would be helpful to consider how your actions have affected others around you.

As we all live as a part of various systems, our behaviors and attitudes affect others just as much, and sometimes even more, than they affect ourselves. A good way to take the focus away from your negative self-assessment, is to focus positive attention on others.

The banner features the Explorable logo and the text "Quiz Time!" at the top. Below are three quiz cards:

- Quiz: Psychology 101 Part 2 (Image: Red roller skates on a wooden deck)
- Quiz: Psychology 101 Part 2 (Image: A fan of colorful pencils)
- Quiz: Flags in Europe (Image: A Ferris wheel at sunset)

[See all quizzes =>](#)

Focusing on Others

This broader focus will help reorient your attention to what matters the most and encourages you to make changes that benefit others. Pursuing compassionate goals, in the place of self-image goals, has been observed to result in less conflictual relationships, more support and less loneliness.

A focus only on protecting one's self-esteem results in other people emerging as competition and a complete failure to recognize their needs.

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