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Compassionate Goals

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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!" in a white, handwritten-style font. Below this, there are three white-bordered cards, each containing a different image and a quiz title. The first card shows a pair of red roller skates on a wooden deck, with the text "Quiz: Psychology 101 Part 2". The second card shows a fan of colorful pencils, also with the text "Quiz: Psychology 101 Part 2". The third card shows a Ferris wheel at sunset, with the text "Quiz: Flags in Europe". To the right of these cards is a white text link that says "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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