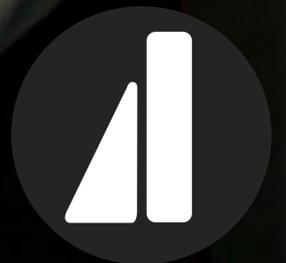
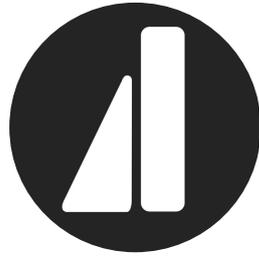


# COMPASSION & FORGIVENESS





# aletheia

[A-LAY-THEE-UH]

(n.) *truth , disclosure*  
(greek)

## ABOUT US

Aletheia is a student outreach publication that strives to provide a voice for all students at Lynbrook High School. Inspired by Los Gatos High's Reality Check and Monta Vista's Verdadera, Aletheia was created to facilitate communication and overcome stigmas concerning prevalent and/or taboo issues within the Lynbrook community. Each issue of the publication comprises of firsthand experiences submitted anonymously by Lynbrook students and alumni, professional articles relating to that month's theme, and other resources compiled by the student staff. Finalized issues are published and distributed to the school. Past issues may be found on our website, under Archives.

The content in Aletheia is composed by the students at Lynbrook High School in San Jose, California. Ideas and thoughts expressed within the publication are not necessarily reflected by the school administration or staff.

### STUDENT STAFF:

Navya Bhakta

Cassie Yu

Evan Hwang

Manasa Gudapati

Vijaya Kukutla

Sophie Guan

Nancy Qi

Isaac Yoon

Anoushka Naik

Nidhi Raviprasad

Sanjay Naidu

Sophia Wu

### ADVISORS:

Lovely Choubey

Sylvia Leong

LHSALETHEIA.COM



# STUDENT SUBMISSIONS

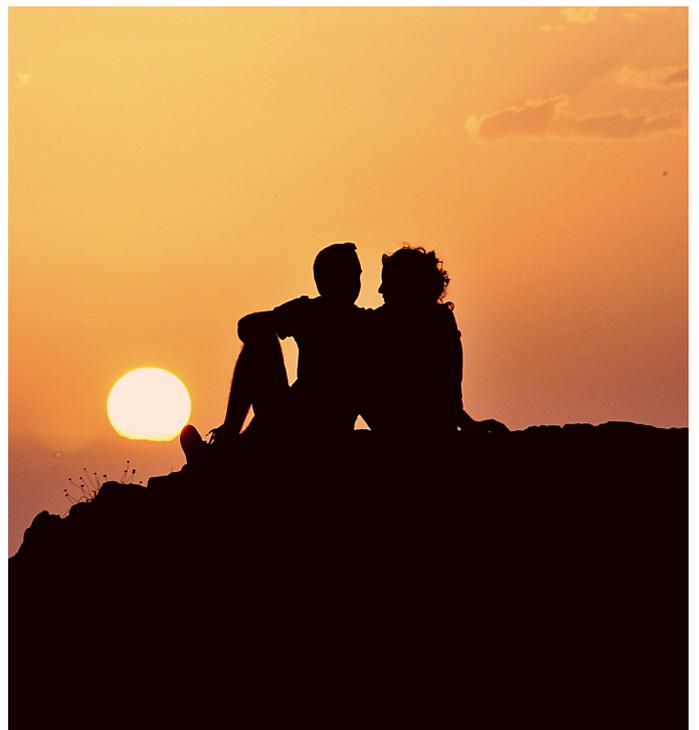
\*all submissions were submitted anonymously. Note that the views of the submissions do not necessarily reflect the views of Aletheia or of Lynbrook High School\*

**H**onestly i have so many people in my life that i don't even talk to anymore. and i used to be so close with them but now we're just strangers. to be real with you i really can't find any forgiveness or closure because i still, deep down, really really miss them. literally if i could have one superpower or whatever i would just use it to talk with them and ask them the hard questions i never got to ask. but i don't want to actually do that because i think i'd be stepping on their boundaries. still i can't help but feel my heart long for them. when i'm all alone and it's the dead of the night, those broken relationships are what i think about.

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**I** have always felt like I'm at least a little bit of a compassionate person. Sure I've done some bad things, but I try to help the people around me with their struggles, especially when it comes to school. I'm not an angel, but I feel like I've done more good than bad. It's frustrating because so many people don't seem to care. Many people who I've tried to help are actually pretty rude. Some of them are people I've forgiven in the past. Maybe it's just because I'm not cool... I guess no one really cares what I think of them. All of this has made me at least a little bit cynical; I feel like being compassionate sometimes just sets you up to be used.

"It's frustrating because so many people don't seem to care."



When i first started high school, there was this one girl who i really didn't get along with:

for some reason we thought the other was arrogant, selfish, stuck-up, all the terrible things you can imagine in a typical "high school enemy." we hated each other for the stupidest reasons like boys, grades, yadda yadda, and i remember even bonding with other people over how much we hated this girl. thinking back, it's so incredibly stupid that something like that even happened or even caused me to hate her?? over the summer after this year of hatred, she sent me a super long paragraph over text talking about how stupid our grudge had been, both asking for forgiveness and forgiving me for what i had said to her. i wish that i had talked to her more after that, maybe even becoming better friends, because after that apology i feel like i really saw her grow. she's someone i really admire now, because she's both respectful and incredibly motivated, and it makes me so proud of the person she's become. we have some mutual friends, and they often talk about what a leader she is and how she's a good listener. we were both able to grow out of the stupid hatred we had, but i definitely feel like when she took that first step forward, she already became a better person than i am now. now that we're about to graduate, i hope she continues to be this amazing person she's become, and i wish her all the best in the future. i just wish i had the courage to tell her all this.

"i just wish i had the courage to tell her all this."



Forgiveness and Compassion are two connecting feelings that suggest how a person's personality is. They are both dependent on intense or extreme the situation is and the technique in which one responds to it . There have been numerous moments and occasions in my life where I have been forgiven, usually by my family. I recall many events where I have argued with one of my parents without considering their perspective merely because I was being selfish, which was induced by my tiredness or crankiness. Usually, minutes or hours later in each of these moments, I began to regret my actions and the words I said. I soon became aware of how I may have been hurtful to my parents unintentionally without meaning the words I exclaimed. Sometimes, I used to be shy and afraid of apologizing and asking for forgiveness because I anticipated my parents to ignore or start more arguments or simply, I just felt uncomfortable. Over time however, I have become more empathetic, contemplating other people's points of view while also realizing that it's so easy to assume bad things about people instantly, without putting yourself in their shoes.

Typically, in my fights and conflicts with others, I tried to forgive myself before asking for other's forgiveness. Conversely, there have been multiple occurrences where I didn't understand my parent's point of view or other individuals I faced conflict with; as a result of this, I didn't be compassionate and politely ask for forgiveness. Being compassionate can be challenging to follow because of some circumstances and factors; these include one might be undergoing lots of adversity and encountering troublesome situations, or in my case, it just is puzzling to comprehend the opposing person's opinion and standpoint. When multiple conflicts arose with my parents, there have been times where they didn't forgive me since I repeatedly made the same mistakes without learning and growing from them. Usually, what transpired after these incidents were that they forgot about it and didn't bring it up in the future.

"I tried to forgive myself before asking for other's forgiveness."



In my life, expressing and showing compassion has helped me become more understanding and helpful; I feel more sympathetic for people, and others when they encounter problems that are out of their control. Hence, I learn from their situations to utilize for my own; I understand now that being kind to people when they feel belittled or depressed can really light up their day and make them more hopeful and optimistic for their future. Throughout my experiences, it has always felt good and satisfying acting kind and supportive to people because everyone is human, meaning no one is perfect, and no one's life can be perfect and always in their control. For instance in my life, whenever I notice poor people begging for food or money, I am always willing whenever possible to offer them whatever essential they need, because some money or food can make them feel more hopeful and happy while living their life. In conclusion, being compassionate can go a long way while also being very useful in a variety of life's moments.



I think forgiving is releasing a part of your soul from that endless spiral of rage and anxiety. I don't forgive for the sake of others who don't even care about me. I forgive for the sake of my own sanity and I've learned to prioritize myself and my own views and thoughts.

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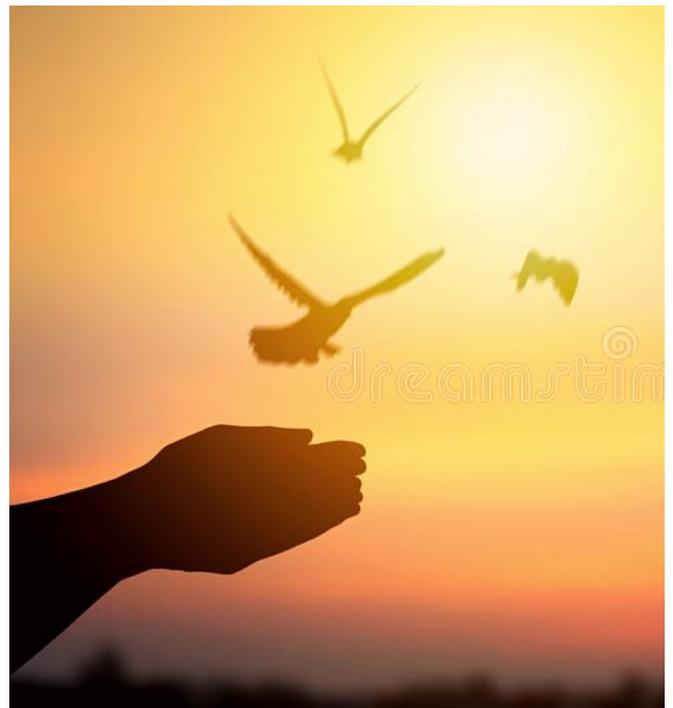
**M**y personal journey to forgiveness stemmed from learning how to forgive myself. I can't undo the hurt that I've felt in the past but I can control how it affects my life. I was very fortunate in that the other party had no ill intentions and did not mean to hurt me.

I think compassion and forgiveness begins with understanding. Understanding why the other party did what they did and why things turned out the way they did. Understanding the other person's actions and my reaction to the situation really helped me gain some peace of mind and helped me move forward and past this experience. I learned not to blame myself for what happened and in turn, I've learned not to blame them either. There is no point in pointing fingers or shifting the blame between people because in the end, accusations help no one. There is no closure and there is no growth.

I believe someone's actions become unforgivable when there is no growth or no remorse from them. If even after you have expressed the pain that you have felt they still do not apologize or recognize what they had did wrong. We are imperfect beings and mistakes are bound to happen. It is how we grow from our mistakes and learn from our experiences that determine whether or not we deserve forgiveness. This is in no way trying to justify or validate another person's actions, I just don't think anyone should be damned in hell for making a mistake.

**C**ompassion, the ability to love and understand what someone is going through. I receive compassion

every day because i'm not perfect and I never will be. When I make a mistake, mess up or maybe just don't know what to do and choose wrong, I am forgiven by the people around me my family, friends and peers because they still love me. And that is a true sign of compassion. I choose to understand and be compassionate because even though It may be painful to listen to someone else's cries and sorrow It is a chance for me to be closer to someone and make them feel loved and known. Because if I never did I would not have the relationships and people that love me and forgive me and I would never experience that same compassion from someone else. The best feeling for both people is when you have forgiven or been forgiven that moment you both realize you both are right from different perspectives and that you both just long to be loved, known and needed.





## TEACHER INTERVIEW

*with  
Mlle.  
Louie*

How has forgiving someone affected you? And how has someone forgiving you affected you in essence?

That's a really good question. I think forgiveness is something that's been a challenge and a struggle for me for a long time. I'm kind of one of those people that holds onto grudges or I feel wronged or I feel someone else has been wronged. It's really hard for me to get over that, so it's something that I'm still working on. But there have been instances where, especially in my relationship with Will, now my husband, when forgiveness is so beautiful. It's so important in helping both individuals develop and grow but also come to an understanding for each other. If that makes any sense.

*Yeah, absolutely.*

I feel that my relationship with Will is one of those things that would not be successful without forgiveness. And so being open to understanding where the other person is coming from and acknowledging that, and if it was me who wronged someone else receiving that forgiveness as well adds another layer of richness to a relationship that would otherwise be kind of just superficial. And I think that applies not just to relationships, but friendships and family as well, family relationships. I hope I answered the question.

No, that was a really beautiful answer. Thank you. What do you believe that it takes to be forgiven? Or vice versa? And what does it take to forgive?

Humility to ask for forgiveness and also to give forgiveness. I think humility and coming from a place of understanding that I'm not perfect or my partner's not perfect. But there's a common goal that we have in maintaining a relationship, whether that be a romantic one or friendship one or family one, I think, humility is so important. I can think of every family having its dysfunctions on some level. I don't know about all Asian American cultures or even if I could say this about Chinese culture, but in my own family, forgiveness is definitely this big Roadblock. Like, somebody does something wrong to someone else, and not having the humility to acknowledge that you've heard someone and ask for forgiveness or want to work towards that. It's not conducive to a healthy relationship.

**"NOT HAVING THE HUMILITY TO ACKNOWLEDGE THAT YOU'VE HEARD SOMEONE AND ASK FOR FORGIVENESS...IS NOT CONDUCTIVE TO A HEALTHY RELATIONSHIP."**

I completely understand that in my Asian family, too. It's a very defined idea, in a sense, a kind of hierarchy. And if you don't follow that, the traditional sense, it's very hard to work around that. And you find yourself in multiple situations where you're just stuck.

Yeah, and it's frustrating, and I think it creates a lot of a lot of animosity and ill feelings on everyone's part, you know? I think of my dad, his side of the family, oh, oh, they got a lot of things to work through.

Do you believe that you need to  
be compassionate in order to  
forgive someone?

Do you need to be be compassionate in order to forgive someone else. Yes. Compassion is so underrated and not spoken about enough. I think compassion is so necessary for so many things, but forgiveness definitely.



It kind of depends on what you want out of relationship, but I think getting over your own hurt feelings to try and see if the other person also wants to continue in a relationship, and having that compassion for that person, is so important rather than getting so fixed and stuck on my own, like, I feel wronged, I feel you did something terrible, and I'm never gonna forgive you. And to be honest, there's still people in my life that I have never forgiven. It's a hard question. I think I can think of two people that what had happened was just so for me, unforgivable, because I've broken core values that for myself where you just, you can't, you can't break those things. You can't break somebody's trust. And I have a really hard time getting over that. And so being compassionate towards somebody who has broken my trust, you know, of course, would be so necessary to forgive, but I just can't feel compassion for those people. And it's hard. And it's doesn't make me feel like a good person. But at the same time, it's a it's a really complex topic. So I don't know how.

Yeah, no, forgiveness is one of those things for which there's no definition to it. Like, unless you're in that position, you're experiencing something and you find yourself being like, I don't know, for me right now, this is the place where I can be like, I forgive you. And it takes a while.

And for some people, it takes like a lifetime, depending on the case, in the situation, the scenario. I don't know, my mom always talks about her great grandma and how she was this wonderful, compassionate woman who never got angry, or she did get angry. It was like a quick thing, but she would kind of circle back and explain where that was coming from. So that my mom understood when she was little, why it was not okay to steal her slippers. But, you know, I think some people may find forgiveness easier, maybe they're more compassionate, or they're more willing to put a relationship first, regardless of how they feel they might have been wronged. Some people do that more easily than others. I don't think it means either that if you're less compassionate that, you know, in a certain situation that it means you're bad person. I think it all varies depending on your personal comfort level and boundaries and values and goals in life. Yeah.



Do you believe that forgiving yourself differs from forgiving others? And in a way, a similar thing about compassion, does being compassionate towards yourself different from being compassionate to others?

You guys ask really good questions. Does being compassionate, so your compassion and forgiveness towards yourself the same, huh? We try and think of how I think on some level, yeah. But you know, you're kind of stuck with yourself. At some level you have to come to terms with your current self and your past self and your future self and what you want in the long run. I think it's similar in some ways, but it's also different because again, you're stuck with yourself, you can't just be like, well, I don't want to talk to you anymore, I'm just gonna cut you out of my life, you really do have to come to terms with whatever had happened. And forgive yourself and not be so angry or beat yourself up about things. I think often when we're upset with ourselves, or we blame ourselves for things. We're usually our own worst enemy, right? Where we're always so self critical, I think it's just human nature to always analyze yourself and compare. Whether it's comparing yourself to other people or comparing yourself to who you used to be or who you should be. You're always more, or at least, I am always more critical of myself. And so, in certain situations, there have been times when I was upset. To be completely frank, it was a breakup with somebody that I was with for about seven years. And I was for a long time. really angry, bitter, and critical of myself, and just God, like, why, Liz, couldn't you have just seen this before? Why couldn't you have stepped up for yourself? Why couldn't you have done something differently? And then just realizing you, I did what I could at the time, and being kind to myself, and also realizing that there's like a greater purpose to things and things shake out, however they will, and you will be okay. Saying that to yourself, too, is really important, because otherwise you just get stuck in a life full of just bitterness. And that's not good, either. So I think it's very necessary, especially for yourself first. To be compassionate with yourself.

Did you already touch upon this? But do you think that there's a level of difference in difficulty when it comes to forgiving yourself? Versus forgiving others?

Yes. I think so? Well, I'm trying to think. I think there is a difference in being able to forgive yourself and forgive others. I think it took me obviously, shorter amount of time to forgive myself, but it has to forgive the person in that relationship. And I still just, I can't. Again, I think that kind of ties in with because you're stuck with yourself. And you have a lot more time to think through things. There's that inner dialogue that you have, that I have with myself much more frequently than I would talk with someone else. It takes a lot of bravery. And like I said, humility to be able to talk to somebody who you've either angered or who's angered you. And that's not easy. And so it's much more difficult as others.

## "I FELT BROKEN, SO BROKEN FOR YEARS AFTER."

And how much do you believe that you can forgive someone in the sense that, is there a time? And I think you did also touch upon this earlier, but is there a time, right, it's just, it's unforgivable? Like, there's no going back in a sense.

I do. Unfortunately. I'm not one of those people who can just let go. You know, I think when your personal boundaries, my personal boundaries have been breached. And I have, you know, let somebody know, this is not okay, this is hurting me. I can't. And I extended a hand to try and say, like, let's work things out. Like I want to fix this. And if that person continues to abuse that kind of trust and confidence that you're giving them to make things right, like it's to me, I can't forget that. Because it's a pattern then. And I, you know, it's funny, because after that, that breakup that I told you about that was just horrible. Like, it's horrible. I was, like, I felt broken, so broken for years after. And I had a colleague, and this was at the previous school that I was working at, and she was kind of like a mentor to me, and she had kind of been there for me been my support while I was going through all this. And she said, and I was just, you know, even a year after I just couldn't, it couldn't come back around. And I was and it was hurting me it was hurting me. Like, I was just bitter. I was angry. It was it consumed me. And maybe, you know, one can argue, well, if you just forgave you know, then it wouldn't be consuming you. But I think that ignores also the fact that people process things in their own way and their own time. And my colleague told me, then she said, You know what, sometimes you don't have to forgive, it's okay not to forgive. And that was something I've never been told, you know, that kind of gave me permission to say, okay, and it's, it's alright, you don't, forgiveness is different for everyone. But for me, personally, the fact that I wasn't ready to forgive him, and I don't know if I ever will be I'm okay with that. It comes down to what your core values and your core standards, right. And it took a lot of growth and development to understand what that meant, like, and I was in my early 30s, then at that time, you know, late 20s, early 30s. So, and the fact that you guys are asking us and you guys are in high school, just blowing my mind. I love how deep this topic is.



On a personal level, would you consider yourself to be a  
compassionate individual?

Yeah. On a personal level, I think I am. I was always that kid, like, I mean, I guess in the superficial sense of being compassionately caring for others. As a kid, I was always wanting to stop and help somebody. Even in San Francisco, there are a lot of homeless people. We go shopping on Komende street with my dad, and we'd see guys just sitting on the street begging for money, and I just wanted to give a quarter, and that's kind of been a thread throughout my whole life. It's just, if I see somebody who needs help, or, who just really looks down, I want to help. It's hard sometimes when you get caught up in the flow of life and everything. Thinking also about compassion with my students, right? When they get caught up in this whole work cycle, and it's like, okay, I've got this to do, I've got that to do. I've got 100 and some odd students that I need to think about. And then, I've got students who are asking me for this or asking me for that. And sometimes I lose that sense of: okay, where are they coming from? And why, you know, like, I feel like, I don't feel like I'm not compassionate toward students in certain like situations when I'm super stressed out, but it's just I forget about it, right? And they forget about sometimes that students are also going through a really hard time, or maybe they just need somebody, listen, or ask them how things are going. And so taking time to kind of stop and pause and think even though you get overwhelmed with so many different things happening. Sometimes it's helpful to just stop in and remind yourself: okay, let's be compassionate here. Let's think about where they're coming from and why and what I can do to help them meet them halfway. So yeah, that's just I guess, kind of like a side I rambled into, a side thing about school. But in general, I think I like to think that I'm a compassionate person, and I do. I do strongly, strongly believe in support that the people who need the help, we should be there to support. We are only as strong. Let's see, what was my my cross country coach used to say: "Your team is only as strong as a slowest runner." Right? And it's the same thing, like society's speaking you're only as strong as your weakest. And, wherever that social ladder is. So the more people we can support and help, the better society I think we could have.

This is so eloquently put because like you said, there are times where it's such a simple thing, like constantly from elementary school on, you're taught when someone needs help, be there a lot harder to do something. If you find yourself being like I don't, whether it be time or space energy is like I can, and then it comes back and you're like, But wait, it's weird. It's insane.

Yeah, there's that time, space, and energy, which I feel on one level that just because you don't have the time to stop sometimes doesn't necessarily mean that you're not a compassionate person. Because I do want to recognize there are people who are juggling a lot like family, health, everything--like shelter in place. This is making me think a little bit back to our Black Lives Matter Padlet discussion at the end of last semester, right before we went on summer break. I don't know if you remember, but we had that Padlet conversation. And I was getting a little bit worried about what might come up and what comments might be made. I think I brought up the subject because I couldn't just go into summer and say "bye, you guys." And with all of this happening, it was something to me that really struck a chord and even though I'm a person of color, but I'm not. There's a scale right of privileges, even on the person of color scale, and I really wanted to talk about it. I wanted to know your guys' thoughts. I think it was something a lot of people needed to talk about. And I was worried because sometimes comments can come out and and it just shows a lack of experience or lack of perspective, which could also come off as a lack of compassion. So anyway, I think compassion sometimes might be limited by your time and energy and money and what you can invest in other people. But I think sometimes compassion can also be limited by perspective and life experience. It's like a person who's been spoon fed their whole life, they're never going to understand the other side, maybe they will, I don't want to see you, they never will. But it's much more difficult for them to be able to see if they haven't experienced, you know, different life situations or ways of living life experiences.

### Does forgiving someone mean you're forgetting or letting go of what they did?

No, I don't think so. I think it's important not to forget or let go of what had happened in the past. Because if something's hurt you, you need to know, why, not just forget about it and be like, okay, just move on. I think it's necessary for growth. So you don't think you should just forget, forgive and forget, you know, forgive and forget. It's like, nobody really forgets. But being willing to move forward. And forgive that's different.



## Why do you choose to act compassionately? And does being compassionate mean being happy?

That's a good question. I never really thought of it as a choice, I guess. But I can see how it would be a choice for some people. Actually, it is a choice. I could choose to be compassionate about the ex? That's a hard question. Why do you choose to be compassionate, I think again, like having a goal, like a bigger picture larger meaning in mind of like, what you want out of something. And so choosing to be compassionate is kind of choosing to move forward towards that bigger picture. Even knowing it, like somebody's faults, and just kind of forgiving that moving forward. It requires two people though, you know, you can't just have one person working towards that. It's not fair. It's got to be an equal thing. So yeah, I guess you would make that choice for I would make that choice of the two of us, whatever the relationship might be. Sees a bigger picture and wants that? If that makes sense. Sorry, not very eloquent.

**"THE MORE WE CAN UNDERSTAND OTHERS AND FEEL UNDERSTOOD BY OTHERS, THE HAPPIER WE'LL ALL BE."**

It was, especially about the part where it's a mutual thing, isn't it? It can just be one sided, and just constantly you all or the other person giving it all and it's just not being reciprocated or being attempted to reciprocate.

Right? Yeah. All right. And the second question was, does being compassionate mean being happy? There's so many situations in which that is a yes and a no, but I think in general does being, compassionate mean being happy. That's a good question. I think, sorry, I'm trying to like I'm thinking of like, have all these different scenarios in my head now of compassion and happiness and like my personal life experiences? At the end of the day, I think being compassionate is tied to happiness and overall satisfaction in one's life. Compassion means having empathy for others, and therefore feeling connected to others—humans all have a need to feel connected! The more we can understand others and feel understood by others, the happier we'll all be.

# PROFESSIONAL ARTICLE

BRANDON HOSHIKO

As each beautiful submission to Aletheia shows, compassion and forgiveness are gifts experienced differently by everyone. Your compassion and your forgiveness are yours. No one can define what they mean to you and no one can force you to be ready for them. The truth each submission makes clear is that compassion and forgiveness mean someone hurts. Whether we're the ones who hurt or someone else hurts, we know from experience that the feelings are not fun. Hurt feels painful, hurt feels scary, it's vulnerable, sad, confusing, lonely, upsetting - hurt is all these and more at once. No one likes hurting and we strive to protect ourselves from it.

However, we're not always able to protect ourselves from hurt. Hurt happens all the time and is a normal part of life. Feeling hurt doesn't mean we're weak or we've failed; it means we're human. Humans are vulnerable. Sometimes we hurt and it's easily forgiven and shaken off without a second thought. Other times, we hurt so intensely that it stays to ebb and flow and ask for compassion. There is no right or wrong way to hurt. And hurting isn't necessarily a bad thing either. In knowing when we hurt and what's vulnerable, we can gain clarity on what we value and where we find meaning.

Hurt is also difficult to protect against because it interacts physically and emotionally. We touch a hot stove and pull away because that burn physically hurts. At the same time, it hurts emotionally too and needs compassion. Maybe we're embarrassed we put our hand on something hot or upset the stove was left on. When we fight with folks we love, like family and close friends, we hurt. We feel sad - an emotional hurt. We also physically hurt since our heads may ache or our stomachs feel tied in knots and we want to throw up. This hurt is real.

Our instincts try protecting us by telling us to move away from hurt and protect our vulnerabilities. With hurt from the hot stove, we protect ourselves by immediately pulling our hands away so it can heal. With hurt involving our family and friends, we also try protecting ourselves by pulling away. Maybe we avoid each other, ignore messages, stop hanging out - anything to create distance from our vulnerabilities. Yet, pulling away doesn't always protect because this hurt is inside. This hurt follows us.

It seems counter-intuitive, but we can help protect and heal this hurt by moving toward it and hearing from it. It's scary giving an audience to something that hurts because it exposes our vulnerabilities. We might be scared that moving toward it will make it stronger or we're scared there's nothing we can do to prevent this hurt from spreading to overwhelm everyone. Maybe we're scared that moving toward this hurt means we approve of what attacked our vulnerability

and we'll allow it to continue. And this hurt is scared of us too! This hurt knows it's unwelcome - we've tried fighting it, avoiding it, denying it, and ignoring it.

Sometimes this hurt is so scary we'll need someone's help to move toward it. It's contradictory to what our instincts believe, so turning toward may be slow and take patience. When we move toward this hurt with openness and curiosity - without any goal to make it stop or go away, we can see its validity. We can see we have every right to feel the way we do. We may also be able to offer some welcome to this hurt for trying to protect our existing hurts and vulnerabilities - hurts we didn't know we carry. Maybe we could find some compassion and forgiveness in considering the hurts we receive are so painful because they are not really meant for us, but someone's misdirected attempt to protect their own vulnerabilities and our vulnerabilities were caught in the crossfire. This interpretation does not make our experience any less valid, but speaks to the power of how real our hurt is and invites our compassion and forgiveness to shine by recognizing the common humanity we share in wanting to be protected.

## ABOUT THE AUTHOR

Brandon Hoshiko (he.his.him) is privileged to contribute to Aletheia. He was a high school student in California similar to you and feels proud of Lynbrook students for being curious about complex issues. Brandon's curiosities took him to the East Coast and back West to study counseling psychology. He currently holds a Marriage and Family Therapist license and maintains a small psychotherapy practice in San José. He serves as an adjunct lecturer at Santa Clara University and volunteer with Suicide and Crisis Services of Santa Clara County. Brandon knows we're all going through an extremely rough patch, but repeatedly refocuses on the hope in our futures by eating well, drinking plenty of water, exercising, breathing fresh air, and resting.

## REFERENCES AND RESOURCES

Useful resources when hurting:

1. Crisis Text Line: 741-741 (text)
2. County of Santa Clara Crisis Hotline: 1-855-278-4204 (toll-free)
3. National Suicide Prevention Lifeline: 1-800-273-8255 (toll-free)
4. The Trevor Project: 866-488-7386 (toll-free) and 678-678 (text)

Additional readings and resources on compassion and forgiveness:

1. Forgive for Good by Fred Luskin - <https://learningtoforgive.com>
2. The Greater Good Science Center at the University of California at Berkeley - <https://greatergood.berkeley.edu>
3. Mindful Self-Compassion by Kristin Neff - <https://self-compassion.org>
4. Various works by Pema Chödrön - <https://pemachodronfoundation.org>
5. Various works by His Holiness The 14th Dalai Lama of Tibet - <https://www.dalailama.com>
6. Various works by Thich Nhat Hanh - <https://plumvillage.org>