

The Shared Humanity Exercise

A Practice in Compassion (Ar-Ra'ūf)

Purpose: This exercise helps us move from the defence of conflict into tenderness. In moments of tension, we remember shared humanity. Behind sharp words or defensive walls is often tiredness, strain, fear, or pain.

1) Recognition of Limits

Sit together in a quiet space. Before discussing the issue, pause for 30 seconds.

- I noticed signs of their day (fatigue, tension, responsibilities).
- I reminded myself: "Just as I have limits, they have limits too."
- I chose this intention: "I want to protect our bond, not win this moment."

2) The Softening Statement

Start with humanity, not correction. Choose one statement or write your own.

- "I can see you've been carrying a lot today. I want to meet that with gentleness, not more pressure."
- "I realise we're both strained right now. Let's soften first, then we can talk."
- "I want to understand you, not fight you. Can we slow down?"
- My own softening statement: _____

3) Somatic Co-Regulation

Before problem-solving, regulate first.

- We took three slow breaths together (inhale together, exhale together).
- On the exhale, we held one word: Gentle mercy, ease, or compassion.
- We remembered: softness is not avoidance. It is a safer doorway into repair.

4) The Shared Du'ā

"O Ar-Ra'ūf, meet our limits with gentleness. Ease our hearts where we feel strained."

- We recited the du'ā together.
- Optional: "O Allah, protect our bond from harm and guide us to what is good."



Quick Check-In

What felt easiest today? _____

What felt hardest today? _____

One small repair step we can take next: _____