



## 21-Day Compassion Challenge FAQ

### **How do I learn more or share with friends?**

Three options:

- The official website: [compassionshift.emory.edu](https://compassionshift.emory.edu)
- The official [Facebook page](#)
- The official [press release](#)

Please share as widely as you like. All are welcome!

### **How do I register?**

Register at [compassionshift.emory.edu](https://compassionshift.emory.edu). In the top menu bar, click the “register” button. You will be prompted to create a personalized account. Save your login information (email address and password) in order to access the challenge content daily.

### **What will I be asked to do each day?**

Each day, from March 6 to March 26, 2021, log in to your account to see your progress and take the next steps. The daily challenge can be done in as little as 15 minutes. Each day includes:

1. *Learn* by watching a preparation video describing the day’s practice (5-10 minutes)
2. *Practice* by playing the guided meditation video (5-10 minutes)
3. *Act* by completing your compassionate activity for the day (folded into your daily life)
4. *Reflect* by answering a prompt in your personal journal (5-10 minutes)

### **What is the Day of Compassion?**

The Challenge will kick off with a free online Day of Compassion celebration on March 6 from 10:30 am- 6:00 PM EST. The day’s events include panel discussions with distinguished guests and scientists, inspirational messages from The Dalai Lama, Melani Walton, and actor Richard Gere, a worldwide compassion meditation session (in English) at noon, plus meditations in several other languages and special performances. The [complete schedule](#) is here. After registering, you’ll receive everything you need to know to attend.

### **How can I connect with others on this journey?**

All registrants will be invited to join an online group dedicated for this purpose. After registering and before March 6, you will receive an email about how to join the private Facebook Group. Private Facebook Groups are advertisement free and content is monitored. Joining this group is not a requirement, but for those who are interested we hope this place to interact and share will be a rewarding part of the experience.

### **What if I have questions or concerns as I engage the Challenge?**

Every day from noon to 1:00 PM EST, Emory-certified compassion meditation instructors will be available on the event Facebook [page](#) to answer questions and host discussion.

### **Do I need complete each day’s tasks at or by a specific time?**

No. All the material is pre-recorded, so you set your own schedule. Access the material at any time and move through each day at whatever pace you are comfortable with.

**What type of meditation will I be doing?**

By doing the *Learn* and *Practice* steps each day, participants will receive an introduction to CBCT® (Cognitively-Based Compassion Training), a research-based meditation protocol developed at Emory University in 2004 at the Center for Contemplative Science and Compassion-Based Ethics. CBCT® has been embraced by adults from diverse backgrounds, nations, ages, professions, and faith traditions. Learn more [here](#).

**Is there a minimum age recommendation?**

The program is designed for adults 18 years or older.

**Will I receive reminders each day?**

Yes. You will receive an email each day at the address that you use to sign up.

**Can I join after March 6, 2021?**

Yes! You can join at any time during the challenge and progress at your own speed.

**Do I need experience with meditation to participate?**

No. At the beginning of the Challenge, an overview video will explain what to expect, and there will be an optional video to introduce you to through the basics of meditation, including different postures you can try to see what is right for you.

**What happens if I miss a few days? Can I pick up where I left off?**

Yes. If you have to stop before completing a full day or miss a few days, you can pick up where you left off next time you log in. Your progress is automatically tracked on your personal account.

**Can I skip the preparation videos and go straight to the guided meditation videos?**

Sorry, but no. In order to unlock the guided meditation videos, you will need to watch the entire preparation video that describes the practice. Important context for the meditation is provided in these brief videos. Preparation videos are required only for eight of the 21 days, and the associated meditations are repeated for two or three days each.

**Can I go back to previous meditations or other content?**

Yes. You may return and review any video that you have unlocked. For the preparation videos, the content is often worth reviewing, and for the meditation videos, multiple sessions are part of the process.

**Can I re-read or edit my journal entries?**

Yes. All reflections are saved into your confidential journal. By clicking the “journal” button, you can see all entries and edit them, if you like. If you would like to share reflections with others and hear about their experience, please join and post at the private Facebook Group designated for this purpose.

**Do I need to pay or get a trial subscription to participate in the challenge?**

No. The 21-Day Compassion Challenge is free and accessible to all. Registering requires answering only a few simple questions.

**How will my information be used?**

Emails and other information will be protected on secure servers and never shared or sold. Data is collected for use by the Compassion Center to analyze engagement to improve our programming over time.

**Question not answered?**

For any additional questions, please email [ccscbe@emory.edu](mailto:ccscbe@emory.edu).