

Employ Mercy

Mercy is a virtue. It is a practice of better living for a better us and a better self. Thinking of mercy naturally raises the issue of how to act with it.

Act with respect toward others. View others with an open heart. Give them the benefit of the doubt before drawing conclusions.

Demonstrate compassion. We all make mistakes. Show some understanding. Act for the good of others.

Resolve to do better next time. There will be times when you slip into bad habits, lashing out at others, showing them no mercy. Apologize to those you have wronged and move forward.

Mercy to ourselves. The author Thomas Merton, a Catholic monk, grounded much of his writing on mercy. "We are not all weak in the same spots, and so we supplement and complete one another, each one making up in himself for the lack in another."