CFT Compassion Formulation

Historical influences

Threats & fears

What are your concerns about...

... the world, or about what other people might do or think? (external)

... your self? (internal)

Safety strategies

What do you do to protect yourself...

... from the world and other people? (external)

... from your own thoughts, feelings, and memories? (internal)

Unintended consequences

What are the downsides of your safety strategies...

...on your life, relationships, and how you feel? (external)

...on your life,relationships, and how you feel? (internal)

My relationship with myself

Faced with these unintended consequences, how do you treat yourself?
Do you: Criticise? Attack? Belittle yourself? How does this make you feel?

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