

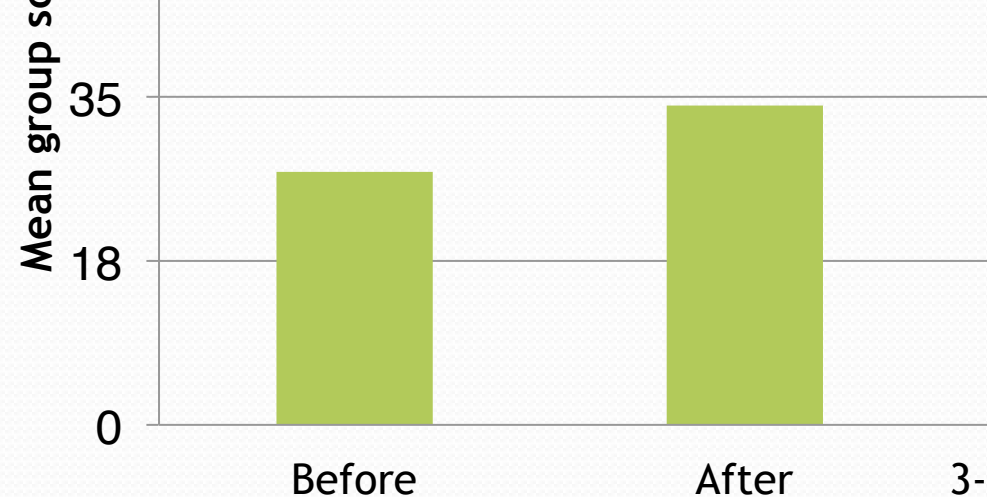
tricky brain and CFT model +
rhythm breathing, awareness training
definition of Compassion, self-
soothing rhythm breathing, safe
out

r emotions, complex emotions,
s (training to experience different
soothing rhythm breathing and
towards emotions

othing rhythm breathing and exercise
on (least wanted) with compassion
me, evolutionary perspective on
ame & guilt + soothing rhythm
oaching shame memory with

-criticism, functional analysis of self-
-critic, exercise in approaching self-

ystem triggers and compassionate
assionate image, introduction to



Levels of self-compassion was measured with self-compassion scale. Results show a mean group score of 27 before starting the intervention, which increased to 34. The greatest change was seen after 3-4 weeks of intervention, with an increase to 53.

