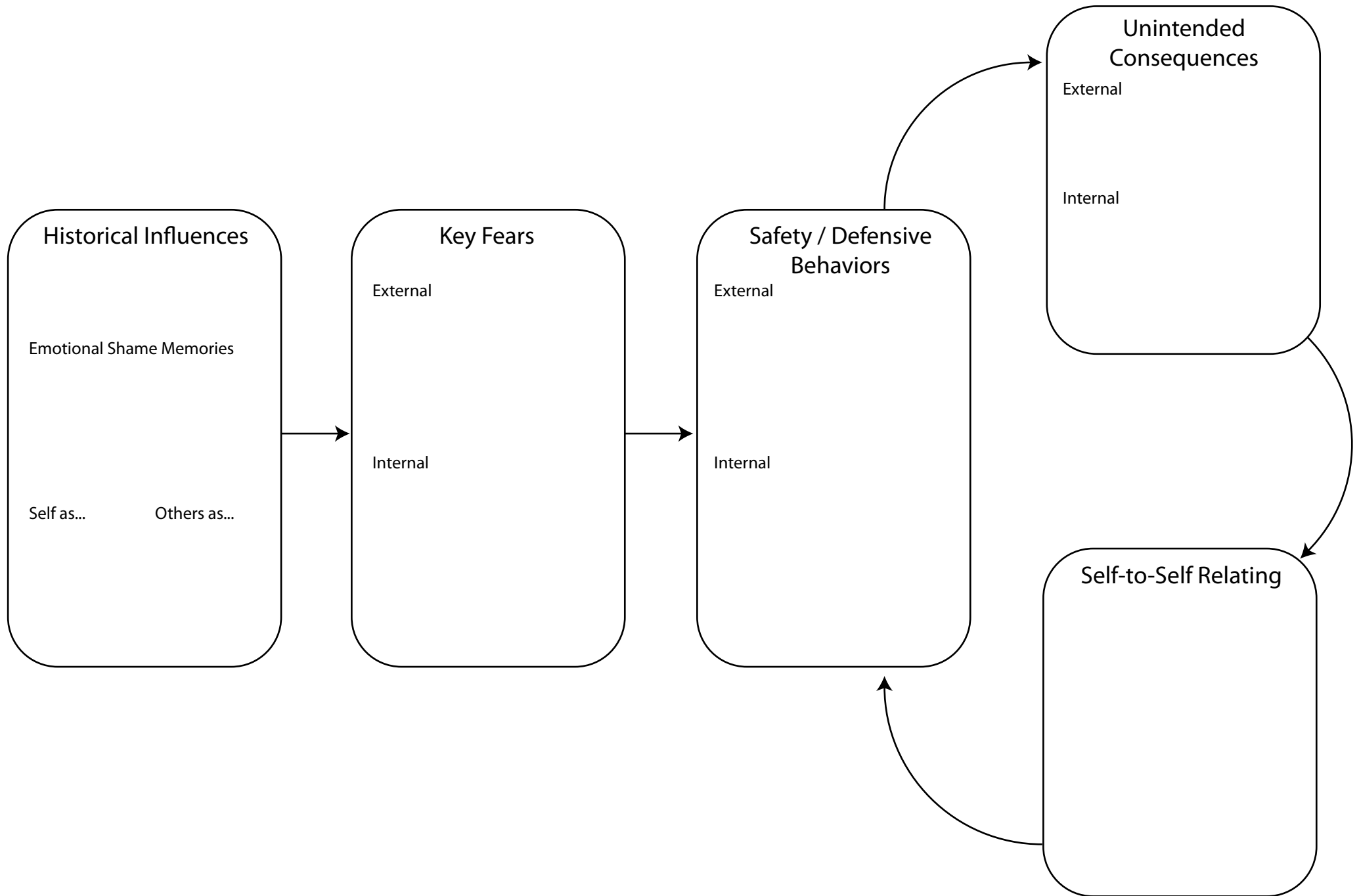
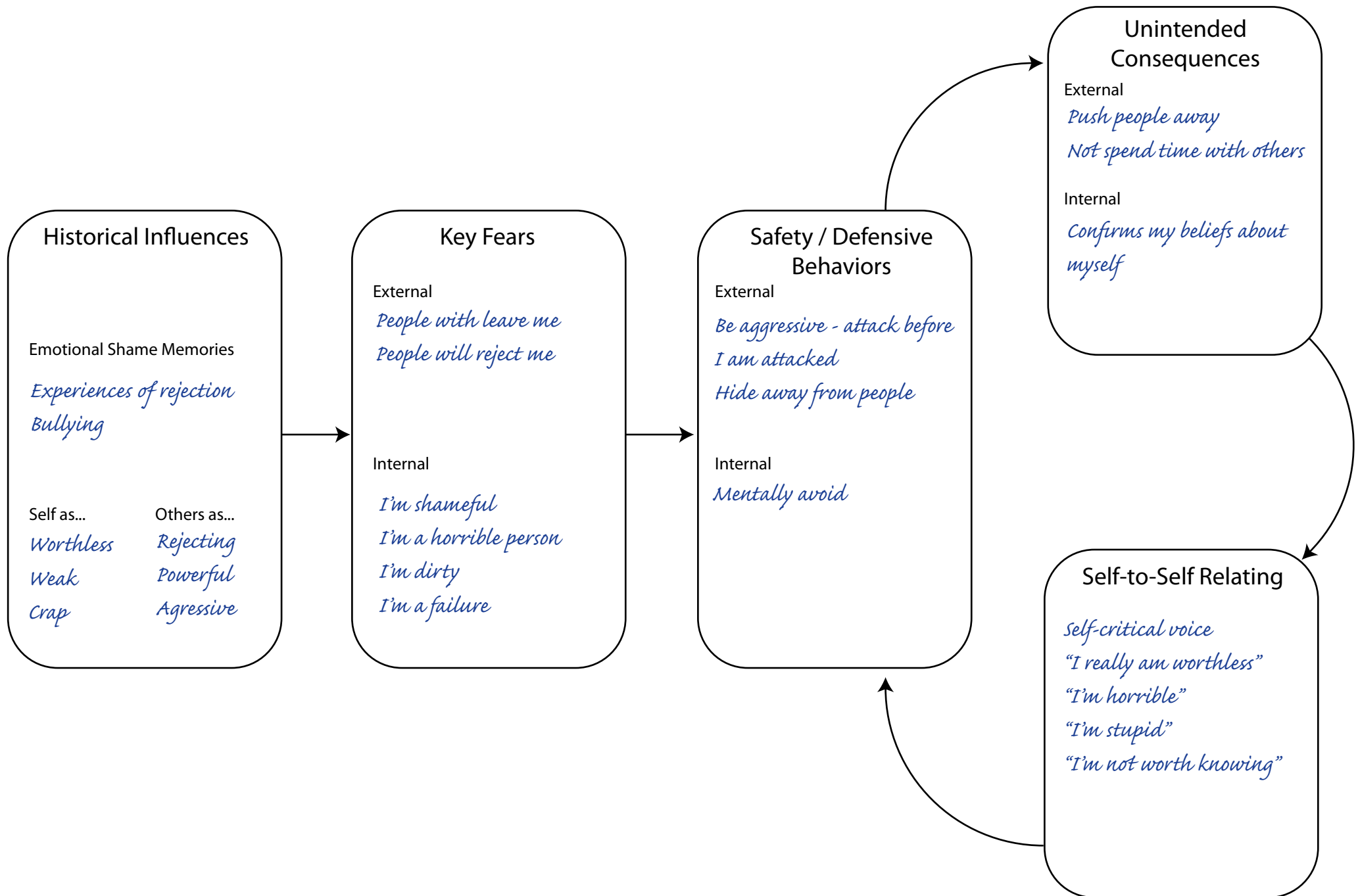


Compassion Formulation

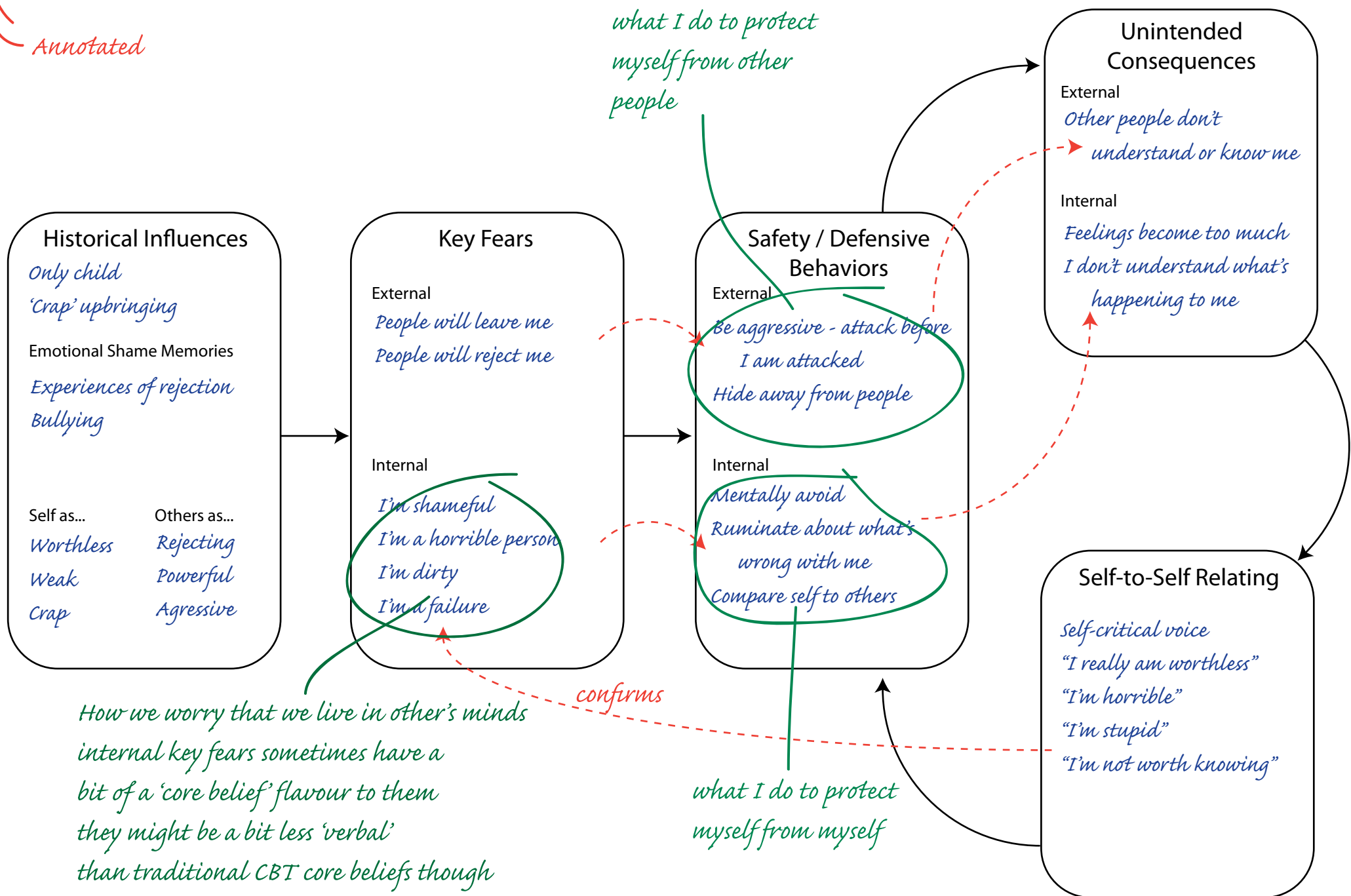


Compassion Formulation



Compassion Formulation

Annotated



This formulation has been adapted from material that Paul Gilbert developed for the Compassionate Mind website
 Thanks to Dr Carmen Chan for helpful discussion of the model