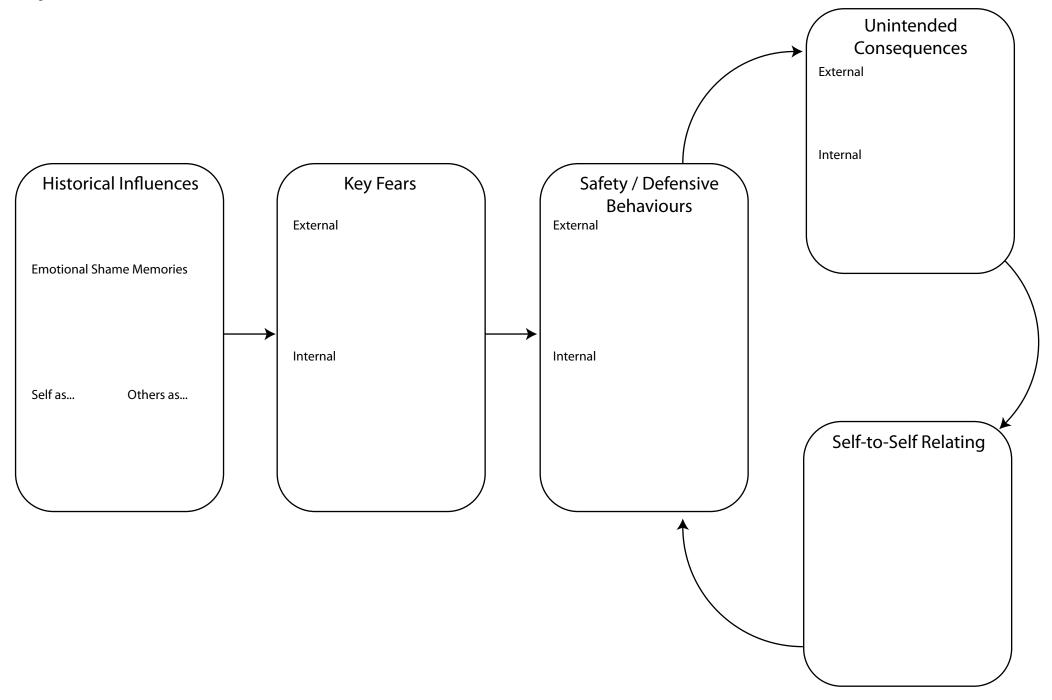
Compassion Formulation



Compassion Formulation what I do to protect Unintended Annotated myself from other Consequences people External Other people don't understand or know me Internal Feelings become too much Historical Influences **Key Fears** Safety / Defensive I don't understand what's **Behaviours** Only child External External happening to me 'Crap' upbringing People will leave me Be aggressive - attack before **Emotional Shame Memories** People will reject me I am attacked Experiences of rejection Hide away from people Bullying Internal Internal Mentally avoid I'm shameful Self as... Others as... Ruminate about what I'm a horrible person Rejecting Worthless wrong with me I'm dirty Powerful Self-to-Self Relating Weak Compare self to others I'm d failure Agressive Crap Self-critical voice "I really am worthless" confirms "I'm horrible" How we worry that we live in other's minds "I'm stupid" internal key fears sometimes have a "I'm not worth knowing" bit of a 'core belief' flavour to them what I do to protect they might be a bit less 'verbal' myself from myself than traditional CBT core beliefs though