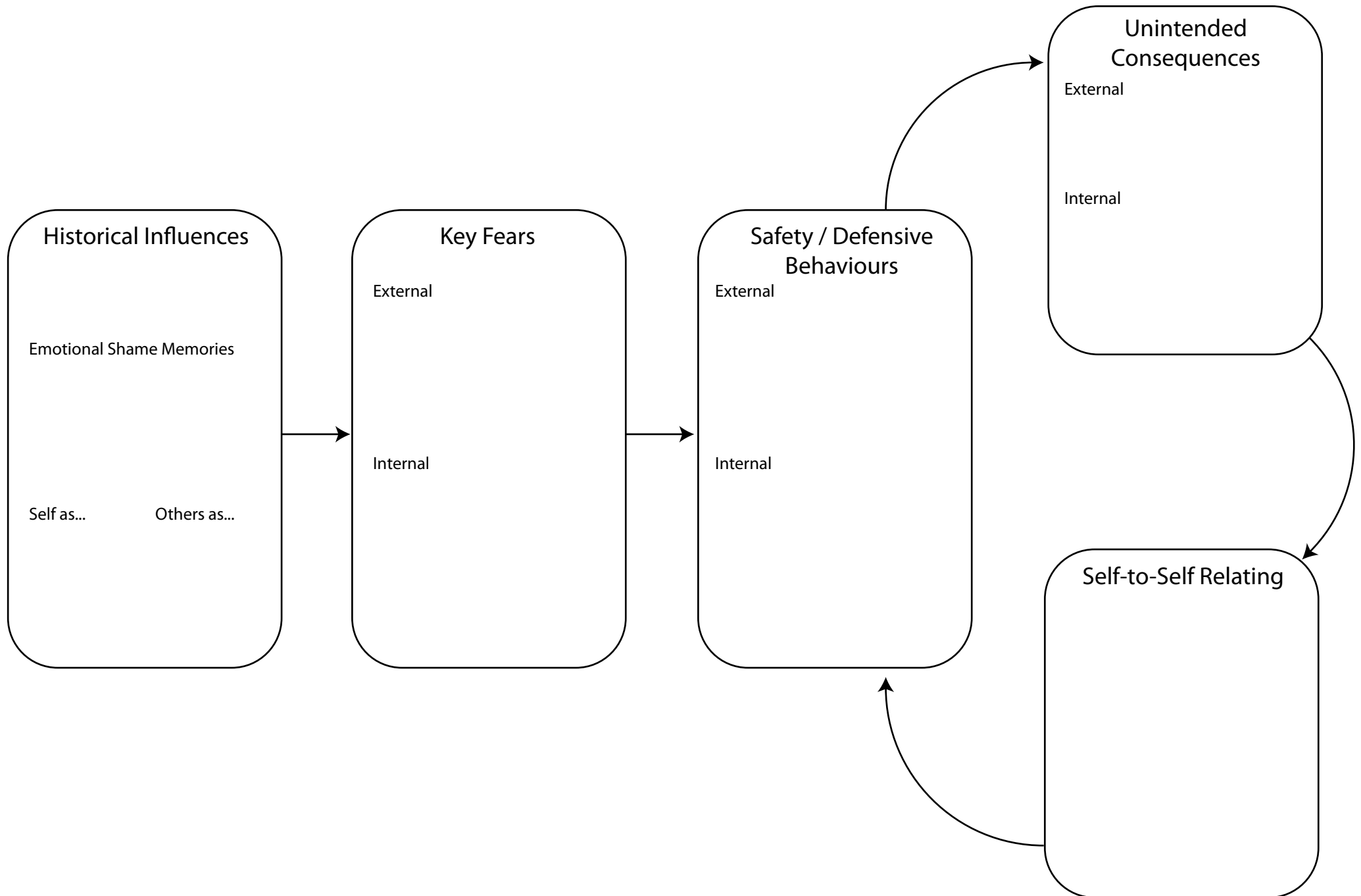
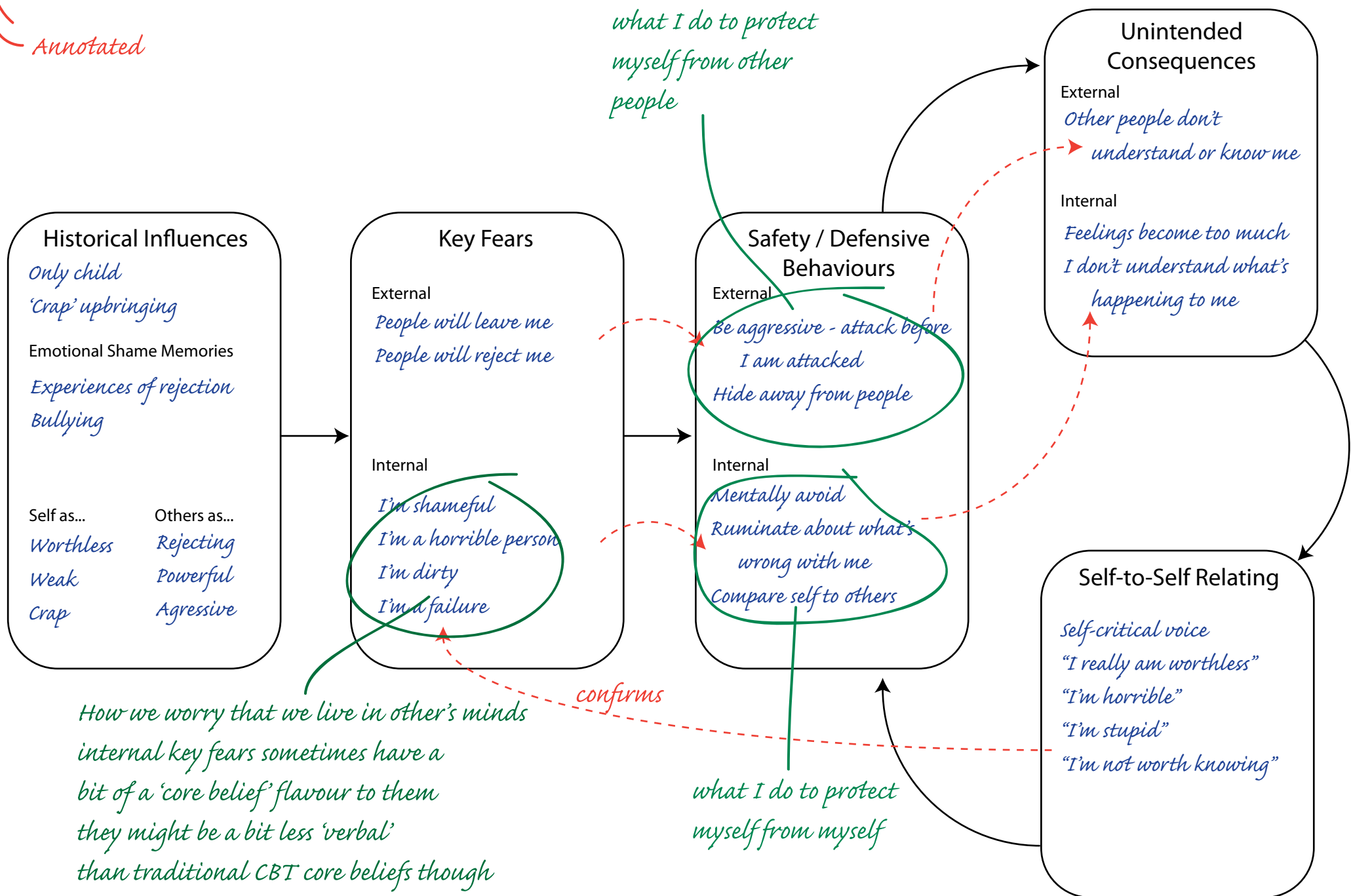


# Compassion Formulation



# 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