RELATING TO VOICES USING COMPASSION FOCUSED THERAPY A Self-help Companion CHARLE HERIOT MAITLAND

Bringing Compassionate Self to your multiple selves



Compassionate self to angry self

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What is the angry self		What does my compassionate self want to say and do to
trying to do to protect me?		help my angry self?
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		Sauce
	→	<u>Say</u> :
		Do to help:
		·
Compassionate self to anxious self		
What is the anxious self		What does my compassionate self want to say and do to
trying to do to protect me?		help my anxious self?
, с	L	
	ſ	Say:
	→	<u> </u>
		Do to help:
Compassionate self to sad self		
What is the sad self trying		What does my compassionate self want to say and do to
to do to protect me?		help my sad self?
		Say:
	→	
		Do to help: