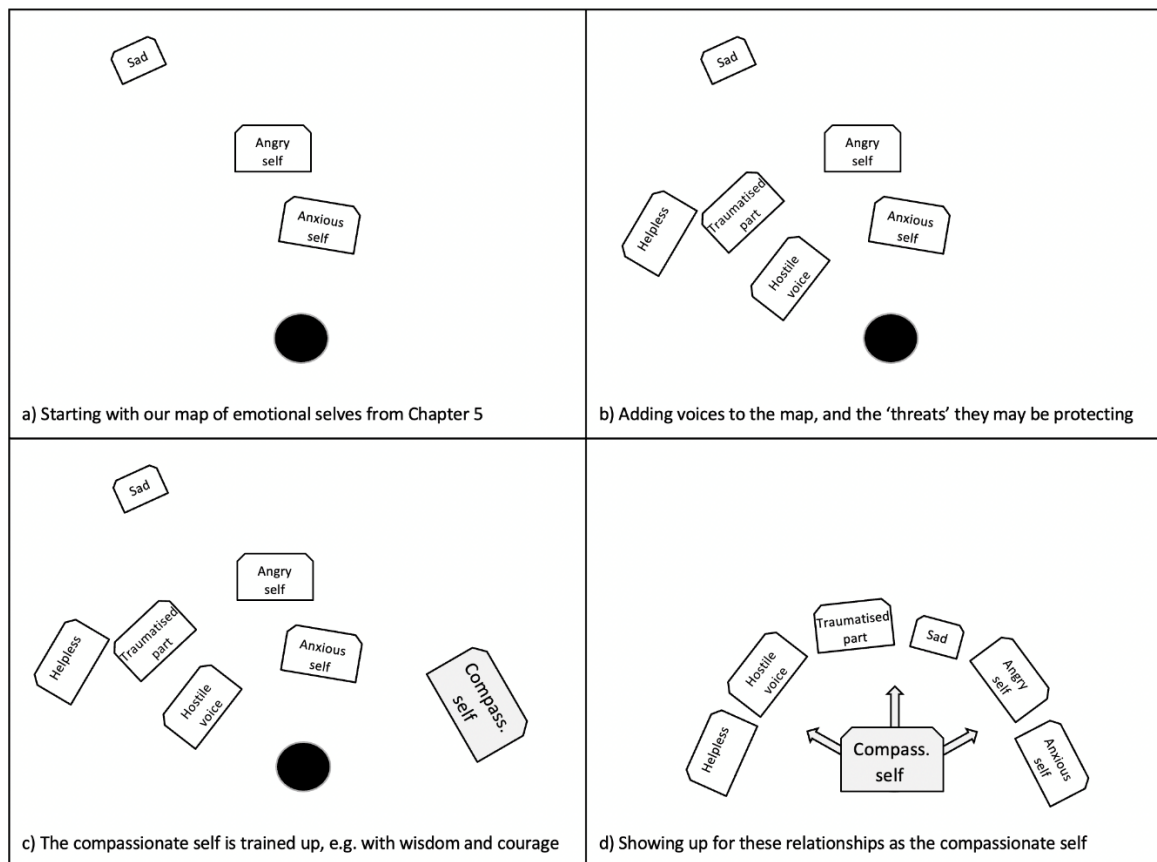


EXERCISE:

Mapping relationships between parts



You can use this space below to draw your own map:

Diagram adapted with permission from Heriot-Maitland, C. (2021) in G. Simos & P. Gilbert (Eds.) *Compassion Focused Therapy in Clinical Practice*. Routledge