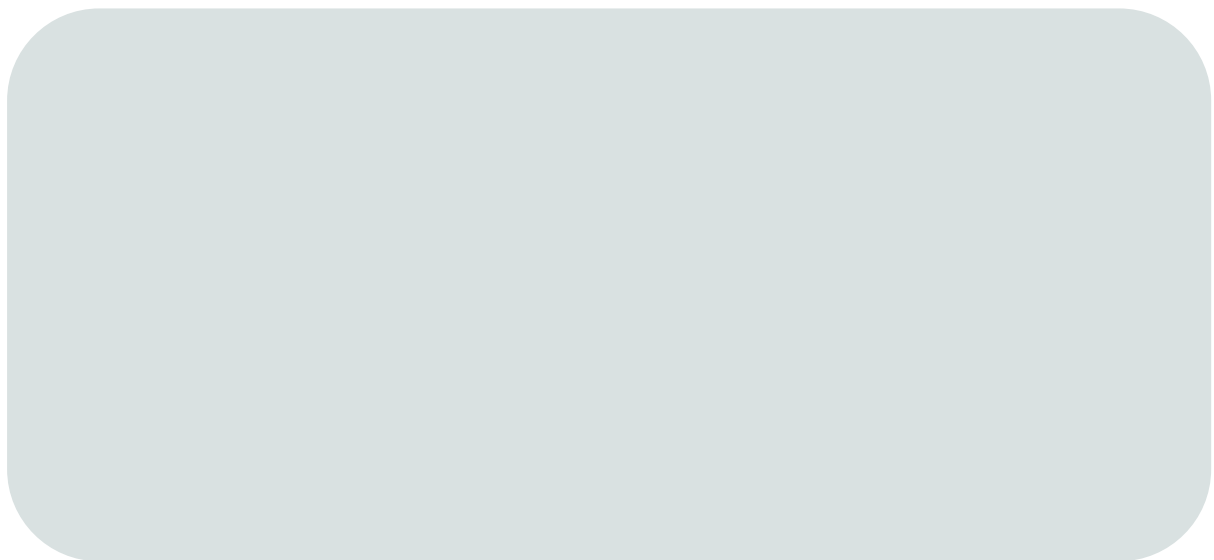


HANDOUT 12.2: COMPASSIONATE PREVENTION AND EMERGENCY STRATEGIES

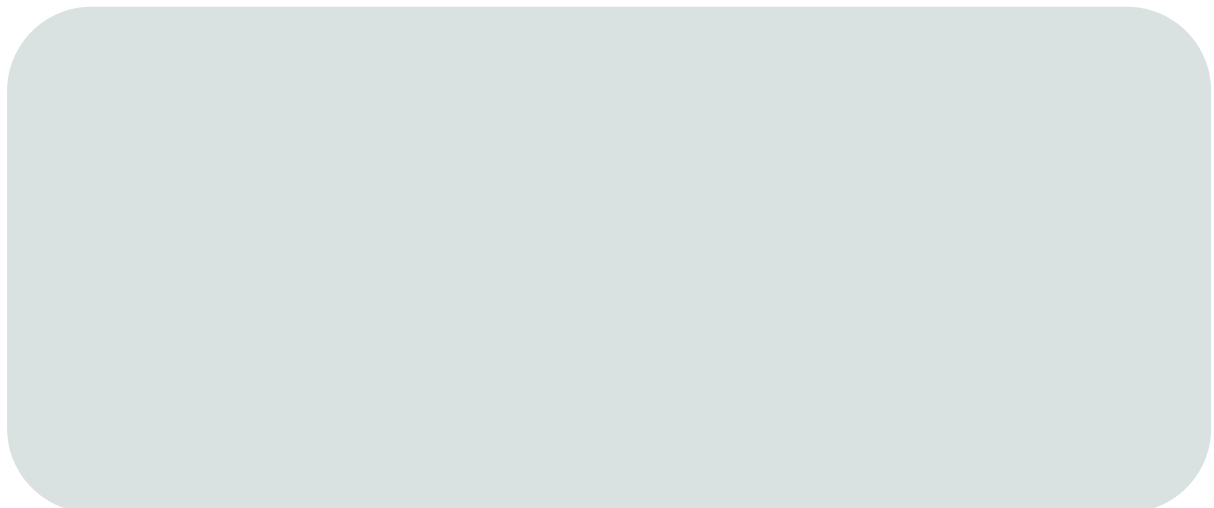
Get in touch with your compassionate self and then respond to the following prompts:

What might be some future difficulties that I might face?

What are some compassionate strategies that could be helpful in **preventing** harm to myself and to others?



What are some compassionate strategies that could be helpful in **alleviating suffering** and **regulating distress** in myself and in others?



Are there any **Fears, Blocks and Resistances** that might make it difficult for you to enact these prevention and emergency strategies?

