

HANDOUT 12.4: MY TAKE-HOME MESSAGES

MODULE

TAKE HOME MESSAGE/INTUITION

*Introduction to CFT
and the Tricky
Brain*

*Three Functions
and Forms of
Emotion*

Mindfulness

*Safety and
Safeness;
Receiving*

***Compassion from
Others***

***The
Compassionate
Self***

***The Multiple
Selves***

Self-Criticism

Shame and Guilt

***Deepening Self-
Compassion***

Assertiveness

Forgiveness

***Envisioning a
Compassionate
Future***