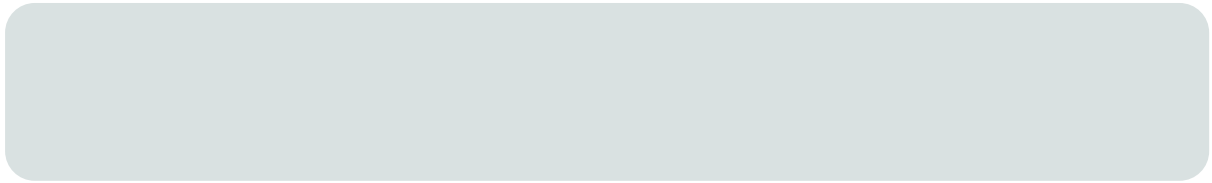
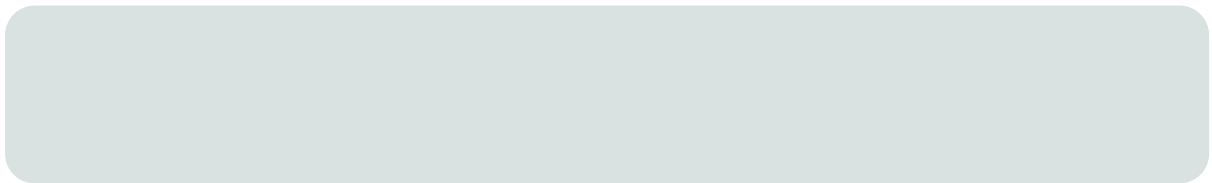


HANDOUT 7.3: FUNCTIONAL ANALYSIS OF MY COMPASSIONATE SELF

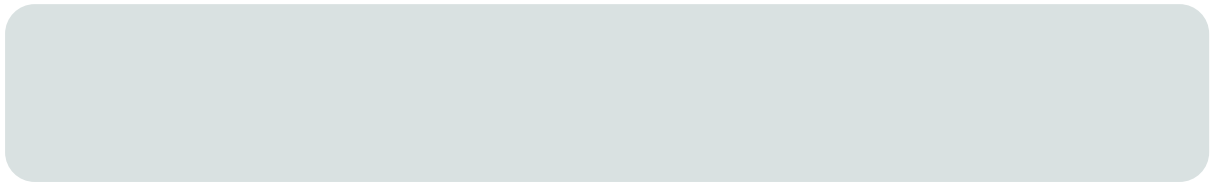
How it appears:



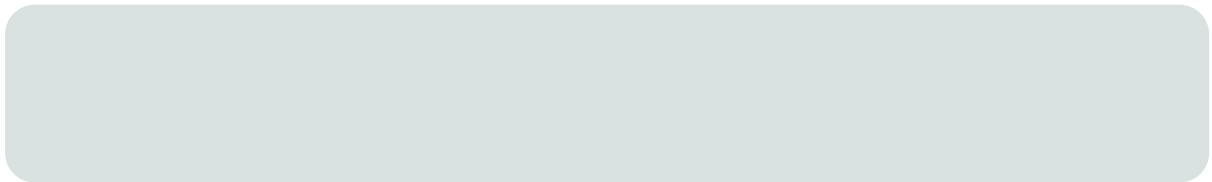
What it tells me:



What emotions it feels towards me:



What it wishes for me:



Now, what do I feel and think about myself?

