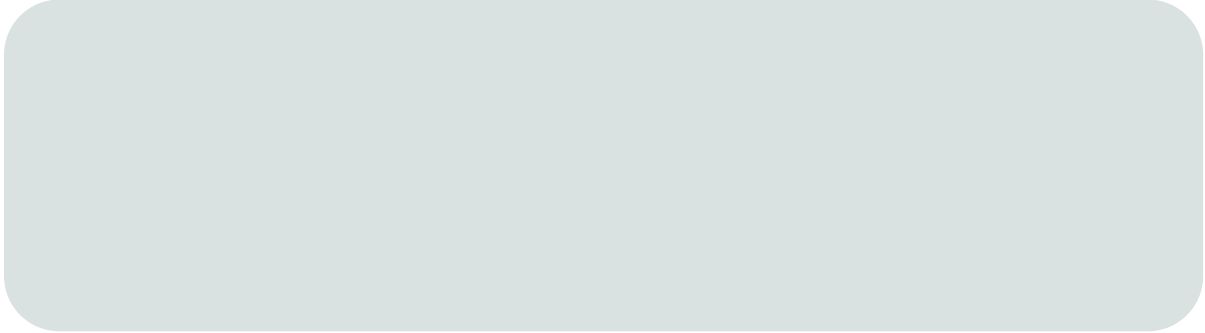
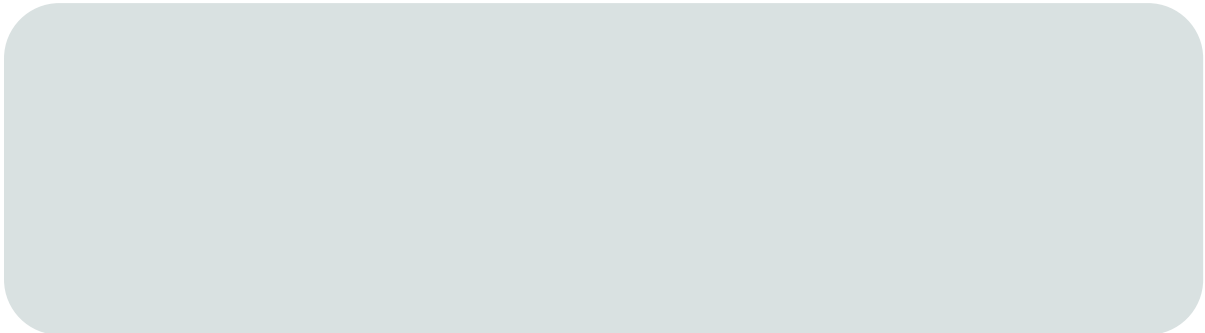


HANDOUT 8.5: COMPASSIONATE IMAGERY WITH RESCRIPTING

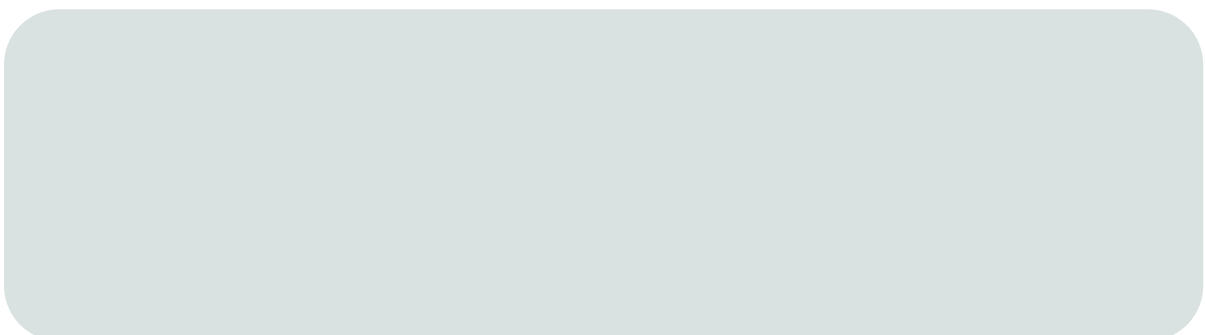
What were the strongest beliefs (about the self and/or the world) of the child who experienced shame?



What did the Compassionate Self do, say or express that was most helpful for this child?



When in the company of the Compassionate self, what does that child think of themselves?
What do they feel?



Take this space to write down any other thoughts or reflections you might have, things you would like to remember, think about or put into practice in your work or daily life.

