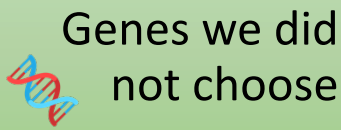


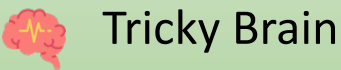
## HANDOUT 1.3: SIX CORE PRINCIPLES OF CFT



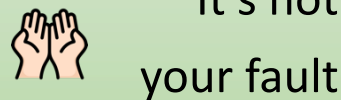
- We all just find ourselves here with gene-built bodies.



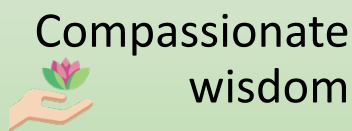
- The environments we find ourselves in influences the person we become. There are many thousands of potential versions of us that we will never have a chance to live.



- Human brains and emotions are much more difficult to regulate than we think.



- It is not your fault for having the brains that we do, or that we are shaped by our life experiences, including family and cultures. We didn't choose anything of this, so it is not your fault! But we still have the responsibility of living with these things in helpful ways.



- Moving away from blaming and shaming ourselves and simply recognizing that, for whatever reason, we are struggling, but we want to find ways to help ourselves and others because, at the very core, it's not our fault if we are suffering.



- On purpose we can choose to cultivate compassion which shapes what we feel, how we think and what we do so that we can live a life of meaning.