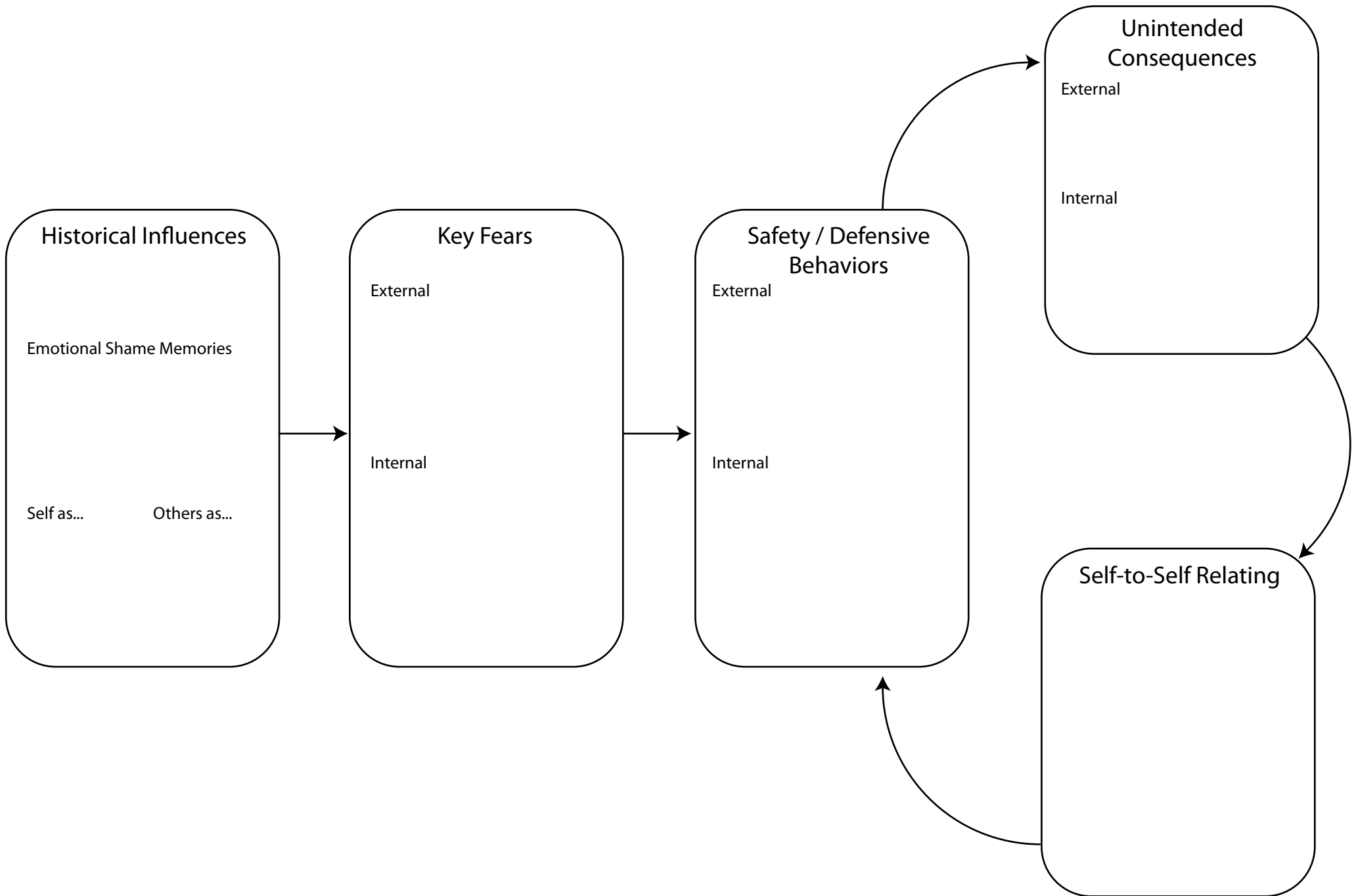
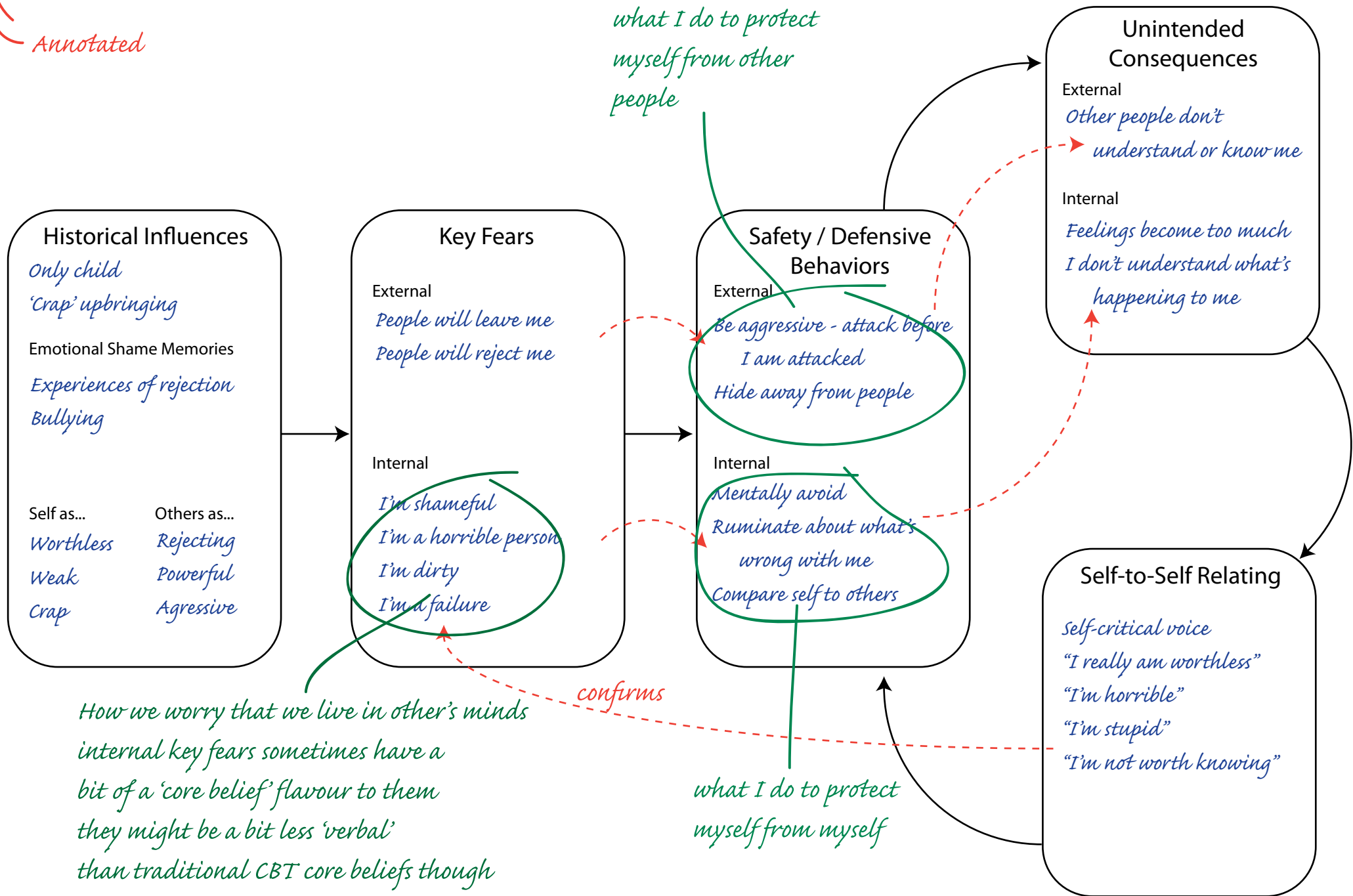


Compassion Formulation Worksheet



Compassion Formulation Worksheet

Annotated



This formulation has been adapted from material that Paul Gilbert developed for the Compassionate Mind website



Compassion Formulation Worksheet

