

# Compassion Formulation Worksheet

Compassion-focused Therapy (CFT) is a form of psychotherapy commonly used to help individuals who are dealing with high levels of shame and self-criticism.

It aims to encourage psychological and emotional well-being by helping individuals cultivate higher levels of self-compassion, as well as more compassion towards others.

This *Compassion Formulation Worksheet* may guide you through the process of developing self-compassion by:

- Exploring the source of your self-blame, shame, or self-criticism (*Past Influences*)
- Reflecting on your key fears (*Primary Fears*)
- Considering your self-protective or safety coping mechanisms (*Protective/Defensive Behaviors*), and
- Examining their impact on your future behavior (*Unintentional Outcomes*), as well as on your self-relationship (*Relationship With Self*).

Utilizing this approach can frequently unveil self-perpetuating cycles of maladaptive coping strategies. When used regularly and with time to reflect, it is also designed to help you nurture more compassionate ways of self-motivating and tolerating distress.

