

## Compassion Focused Therapy

*Compassion is:*

***‘Sensitivity to the suffering of self and others  
with a commitment to try to prevent and alleviate it’***

- *We all **just find ourselves here** with a tricky brain and emotions we did not choose but have to figure out.*
  - *Life involves dealing with tragedies*
    - *We do the best we can*
  - *Much of what goes on in our minds is not of our design and not our fault*
    - *We are all in the same boat*

Learning about our different **emotional regulation systems** and what activates each system can help us begin to re-balance our systems and engage the compassionate part of ourselves.

**Drive System**  
**Purpose:** to motivate us towards resources  
**Feelings:** achieving, wanting, focussed, pursuing and progressing



**Soothing System**  
**Purpose:** to manage distress and promote bonding  
**Feelings:** safe, contented, protected, cared-for, trust

**Threat System**  
**Purpose:** threat detection and protection  
**Moto:** "it's better safe than sorry"  
**Feelings:** anxiety, anger, disgust