## **Compassion Focused Therapy**

### Compassion is:

# 'Sensitivity to the suffering of self and others with a commitment to try to prevent and alleviate it'

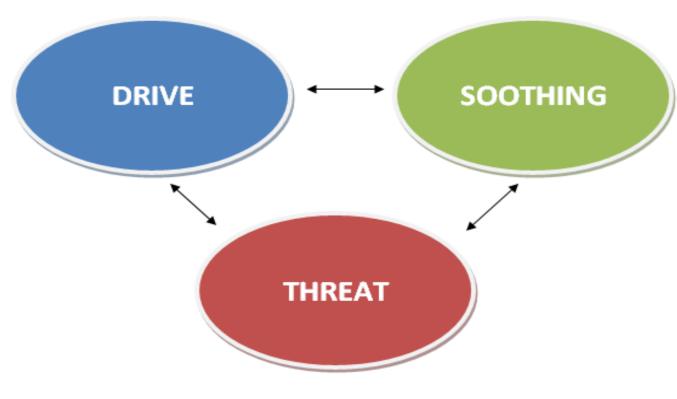
- We all **just find ourselves here** with a tricky brain and emotions we did not choose but have to figure out.
  - Life involves dealing with tragedies
    - We do the best we can
  - Much of what goes on in our minds is not of our design and not our fault
    - We are all in the same boat

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