NURTURE
Hypnotherapy

The Self Compassion Cycle

Trigger:
Situation, thoughts (past / future), emotion, physical sensation

↓

Threat system activated

↓

Slow breathing & Compassionate Image

↓

Soothe system activated

↓

Self Compassionate Response

Compassionate thinking: thought diary, what's been good, talking to self with kindness

Compassionate behaviour: taking care of self or others and / or actions

↓

Consequences:

Soothes system remains active; sense of calm
Threat emotions / behaviours / response calm
Feelings of warmth, safety arise
Able to cope better & move on

↑

Soothe system activated