**Supplemental materials: CFI** Protocol

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| **CFI** Protocol | | |
|  | Session (h) | Compassion-focused intervention |
| Online individual counseling | 1  (2-h) | 1. Interpreting high self-criticism score (DEQ-SC). 2. Explaining self-criticism based on CFT theory. 3. Education: the three-emotion regulation system 4. Compassionate understanding of self in context (early environment, social factors). 5. How do you treat yourself? Compare it with the way you treat your close friends. 6. Exploring the history of suffering (being rejected, bullied, shamed, criticized and/or abused.). 7. Mindfulness meditation. |
| 2  (2-h) | 1. Explaining and validating the “young version” of clients’ responses 2. Using the “dog” metaphor from CFT, 3. Imagining the early suffering situation (thinking, feeling and action): only two systems work → It is not your fault (That’s how humans were designed), 4. Using mindfulness meditation. 5. Finding your inner critical voice and its value: 6. Thinking of a stressful situation and visualizing the situation clearly in your mind, 7. Writing down any way you may be judging yourself for what happened, 8. Finding the critical voice’s motivation with mindfulness meditation: to protect yourself; to motivate you to do what you need to do → to understand the “young version” of yourself (what does he/she want? → safety and kindness/love). |
| 3  (2-h) | 1. Cultivating the compassionate self: compassion meditation: 2. A living being that makes you smile,   (e.g., touching a dog/cat makes you feel warm and relaxed or touching a friend/family member makes you feel safe and cared for → the feelings of being cared for and safe may be the same feelings your friend feels about you)   1. Continuing imagining the stressful situation with questions “What do I need? What do I need to hear? What do I want to know for sure?” 2. Feeling what the “young version” of yourself feels → what can you do to him/her? 3. Imagining yourself sitting with the “young version” of yourself, sending your kindness, understanding, and support to him/her. |
| 4  (2-h) | 1. Compassion meditation practice 2. Psychological education 3. Misunderstanding of self-compassion: it will lead to self-pity/selfishness, make me lazy, etc. 4. Understanding the resistance 5. Backsliding is a sign that the healing process has begun (What do I need to feel safe right now?) 6. Compassionate letter-writing practice 7. Reading the compassionate letter sample aloud 8. Discussing why and when the letter would help 9. Home practice guideline 10. Mindfulness meditation guideline in daily life 11. Loving-kindness/compassion meditation guideline in daily life 12. Compassionate letter-writing practice 13. Questions and feedback |
| Follow-up | 2-week | Daily home practice (20–30 min): Daily meditation checklist   1. Mindfulness meditation guideline in daily life 2. Loving-kindness (compassion) meditation guideline in daily life 3. Compassionate letter-writing practice 4. Stress reduction meditation guideline in daily life |
| Materials for participants | | 1. CFI session workbook 2. Education of the three-emotion regulation system 3. Meditation guideline for home practice including mindfulness meditation, compassion meditation, and stress reduction meditation 4. Daily meditation checklist 5. Compassionate letter-writing sample 6. Audio file for mindfulness meditation (20 min) 7. Audio file for loving-kindness (compassion) meditation (20 min) |