

Appendix

Research in Psychotherapy: Psychopathology, Process and Outcome #329

Compassion-focused imagery reduces shame and is moderated by shame, selfreassurance and multisensory imagery vividness

Instructions for shame manipulation (Spanish version used in study)

Recuerda una experiencia durante el año pasado en la que te sentiste avergonzado/a. (Si se siente demasiado abrumador, puedes detenerte en cualquier momento).

Tales eventos pueden ser de naturaleza distinta, tal como olvidar una cita, decir algo malo, tener algún episodio embarazoso, dejar caer a alguien, o actuar tontamente mostrando partes tuyas que no querías mostrar. Por lo general, la vergüenza surge cuando uno experimenta que no está a la altura de sus propios ideales y de su propia imagen.

Trata de visualizar esta experiencia de nuevo. Pasa un poco de tiempo con esta imagen.

Instructions for shame manipulation (English translation)

Recall an experience during the past year in which you felt ashamed. (If it feels too overwhelming, you can stop at any moment). Such events can deal with many different things, such as forgetting an appointment, saying something wrong, embarrassing episodes, letting somebody down, making a fool out of yourself, or showing parts you didn't want to show. Shame typically arises when you experience that you do not live up to your own ideals and self-image. Try to imagine this experience again. Spend a few moments with this image.

Multi-sensory prompts added to compassionate imagery script

Prompt for olfactory imagery (“Is there any smell that you find comforting - maybe drawn from a happy memory? Try to imagine this now and include it in the scene that you are imagining”).

Prompt for tactile imagery (“Imagine your image holding or hugging you in a way that makes you feel safe and cared for. it could be a hug, or simply a hand on your shoulder. Can you imagine how this feels?”).

Prompt for bodily sensation imagery (“How would you like to relate to your compassionate image? Would you smile, nod your head, or return their hug? Try to imagine the physical sensation of this action”).