Guided meditation body scan script pdf printable template

I'm not robot!

The benefits of meditation and mindfulness³³ can be profound. It's a movement that's generating momentum in general education³ not only because of its surprising effects on student learning and behavior, but because mindfulness ³ such a valuable, lifelong ability. We have recently created some new full³attention resources for teachers to use with their students in the search for a conscious life. These teachers' resources include a series of guided meditations for children. Guided meditations are a series of instructions that are spoken out loud to a group, which specifically directs the focus and awareness of the participants. The value of guided meditations in the development of mindfulness ³ self-regulation ³ a child is immense. Guided meditations teach children the language of mindfulness³ as well as life³long meditation skills that can help improve self-awareness and ³. In essence, guided meditations hold the hand of a child as they learn to navigate the hustle and bustle of their own thoughts and feelings and create an awareness of their own body habits. Here are three printable³guided meditation scripts that you can use with your students³ and you'll be able to use them with your students. Scripts are written using casual, child-friendly language, but you can and should make adaptations as needed for your specific student group. This is a great ³ meditation for beginners³ ³ guided breathing. It presents the concepts of focusing on breathing ³ an easy way for children to understand. Meditation ³ gradually increase awareness of how ³ can deepen our breathing³ ³ and teach students how to practice "wind breathing³". Guided meditation ³ respiratory colors Meditation ³ of respiratory colors carries conscious breathing to the next level by adding a simple visualization. In this meditation, students are asked to visualize their breathing as a color that travels inside and outside their body. This "tangible" mental image helps to provide children with the skills they need to use their breath breath adartne artseuN .sotunim 5 ed adaiug n³Āicatidem anu etnarud osulcni oicnelis ne netseuca es o netneis es setnaidutse sol euq rarepse ed setna savitca y satroc siÃm sacitcıÃrp etnaidem anelp n³Āicneta al ra±Āesne a razepme aedi aneub yum anu sE .alua le ne n³Āicatidem ed senoises y anelp n³Āicneta ed sedadivitca sus racifinalp la atneuc ne otse renet etnatropmi se y adacitcarp dadilibah anu se n³Āicartnecnoc aL .n³Āicneta ed selevin setnerefid neneit so±Āin setnerefid ,dade ed opurg omsim nu ed ortned osulcnI aicnetsiser al acofnE esalc ut eyurtsnoC 2# .n³Āicatidem al ne soveun nos euq solleuqa arap ocitsiÃtnaf aditrap ed otnup nu nos sdniM gnilimS omoc senoicacilpA .acitcıÃrp al noc esodniÃzirailimaf opmeit nºÃgla esap ,setnaidutse sus noc adaiug n³Āicatidem ed n³Āises anu etnematcerid raicini ed setnA lanosrep acitcıÃrp anu ellorraseD 1# alua le ne sadaiug senoicatidem rasu arap sojesnoC .anelp n³Āicneta al ed azna±Āesne ed ejaiv us raznemoc arap socurt y sojesnoc sonugla eneit euq seroseforp arap avitamrofni ajoh anu odaerc someh n©ÃibmaT .alua le arap anelp n³Āicneta ed sedadivitca sal nos om³Āc ed aedi anu etrecah y anelp n³Āicneta ra±Āesne ed soicifeneb sol odnarolpxe razepme sareiuq zev lat ,saleucse sal ne anelp n³Āicneta o n³Āicatidem ra±Āesne ed acreca adan odartnocne sah on nºÃa iS .ehcon al rop rimrod ed setna amac al ne sodatsoca niÃtse sartneim selaroproc sereniÃcse ed n³Āicatidem aiporp us recah nedeup setnaidutse sol euq ay ,»Āsacits©Āmod saerat«Ā n³Āicatidem etnelecxe anu netimrep selaroproc sereniÃcse soL .azebac al ed roirepus etrap al atsah seip sol edsed ,opreuc us odot rop aicneicsnoc us naveum euq setnaidutse sol a edip adaiug n³Āicatidem ed opit etse ,»Āavisergorp n³Āicajaler«Ā omoc adiconoc n©ÃibmaT .acitsiÃtnaf se laroproc reniÃcse noc adaiug n³Āicatidem atse ,sotunim 01 sonem la etnarud sodartnecnoc ratse nedeup y ocop nu n³Āicatidem al odacitcarp nah ay euq setnaidutse sol araP laroproc reniÃcse noc adaiug n³ĀicatideM .sotselom netneis es odnauc o ojone ,s©Ãrtse ed sotnemom ne esramlac leehwniP leehwniP nos tsop le ne socitsiÃtnaf serodaicini sonuglA .Ī ¢Āsetnaidutse sus ed aicnetsiser al rallorrased a niÃraduya euq sedadivitca sarto arap sosrucer y saedi ed amag anu eneit Ī ¢Āmoorssal C eht rof seitivitcA ssenlufdniM gnizamA 81Ī ¢Ā golb Breathing hands and "flux fin activity." #3 sets the task of attention³n full, yes, task! No matter if you consider yourself in or out of the "Value of the Task", it's important to encourage your students to practice their own mindfulness skills³ and meditation ³ outside of class time is important. Students not only (in fact, anyone, anyone!) "Practice". From the direct instruction ³ a teacher, it's where these skills really become from a lifetime. Students can track the number of times they use mindfulness³ or do a quiet meditation outside the school with stickers on a personal board, or in a bullet-style record³ Are you ³ full attention or ³ on the radar in your school? ³ Guided meditation is a great starting point for those new to meditation³ and a great way to update your practice if you are an experienced meditator facing internal obstacles to meditation³ Even the most experienced meditators experience obstacles, such as excessive internal chatter, sleeping, or restlessness, sometimes. All meditators benefit from the new orientation ³ time to time. This article describes the differences between guided and silent meditation³ presents three types of guided meditation scripts³ and offers advice on how to offer guided meditation in³line meditation³. Before we continue, we think you'd like to download our three full attention exercises ³ free. These comprehensivebased in-science exercises will help you cultivate a sense of inner peace throughout your daily life and provide you with the tools to improve the ³ of your customers, students or employees. What is guided meditation³ ³ Guided meditation involves a relationship between a teacher³ who guides the meditation³ using oral instructions, and the student, who is listening to the meditation³ (Suzuki, 1970). Typically, the guided meditation is is For beginners, but experienced meditators can also benefit from updating their practice by relaxing in a ³ session with the mind of a beginner (Suzuki, 1970). Guided meditation ³ silent meditation³ Guided meditation can be very useful ³ keep meditators on the road during meditation³ Guided meditations may include oral instructions on meditation posture³ attention to breathing³ ³ body scanning techniques, and guided imagery or visualization³ They may also include reciting mantras, express aspirations aloud, or sing. They may include specific types of movements or activities meditatively performed. Meanwhile, silent meditation ³ generally recommended for experienced meditators who have internalized the previous meditation instructions and can now practice the previous meditation³s without guidance³. Silent meditation can ³ practiced in groups and alone; Guided meditation is always offered in the context of a relationship³ ³ ³ even if that relationship is with an application³ or online audio or video. How ³ guided meditation can ³ help your customers? Guided meditation can ³ a valuable complement to therapy and counseling by providing a client with a sense ³ contention ³ between sessions. Meditation on mindfulness has positive effects on health and well³being in several areas, including stress management (Davis and Hayes, 2012) and prevention of reca³ ³da in those with depression³and anxiety (Keng et al., 2011). Other guided meditations, such as loving meditation (LKM³ and self³pity meditation³ ³ are all more effective emotional regulation (Feliu-Soler et al., 2017) that can also improve prosocial feelings (Bankard, 2015) and improve a sense of connection³³ (Fredrickson et al., 2008). LKM is effective in countering harsh internal crackdowns (Shahar et al., and the high expectations of others (Feliu-Soler et al., 2017). It is also effective for those who experience PTSD symptoms (Kearney et al., 2013) and the loss of a significant connection, such as those who are heartbroken and those who recover from ³. zap al rop odicerfo o±Āeus le y n³Āicajaler al arap anelp n³Āicneta ed adaiug n³Āicatidem atse ebeurP .)1202 ,.la te inireP(seroyam sanosrep ne etnemlaicepse ,)9102 ,.la te hcsuR ;4102 ,.la te gnO ;5102 ,.la te frodneUeN(o±Āeus led sonrotsart sorto y oinmosni le raivila y esrajaler a selanoiseforp sol a raduya edeup anelp n³Āicneta al ed adaiug n³Āicatidem aL ?o±Āeus le y n³Āicajaler al ricudni edeuP¿Â .arpohC kapeeD ed dadeisna al arap artnam ed esab a sotunim 51 ed adaiug n³Āicatidem anu artseum es n³Āicaunitnoc A .)4102 ,senraB y nosnhoJ-emrO(adaredom a evel dadeisna al raivila la MT ed otix©Ā le odatnemucod ah n³Āicagitsevni ed daditnac narg anu y ,otircsniÃs artnam led n³Āicaticer al azilitu)MT(latnednecsart n³Āicatidem al ,olpmeje roP .)2102 ,.la te nehC(odinos y n³Āicazilausiv ,sartnam ed osu le etnaidem n³Āicnetnoc ed n³Āicasnes anu ranoicroporp y dadeisna al ramlac nedeup adaiug n³Āicatidem ed samrof sartO .tpircs ed n³Āicces al ne selanoicida sotroc stpircs necerfo eS .setneilc sus a recerfo edeup euq dadeisna al arap sotunim 01 ed anelp n³Āicneta ed n³Āicatidem everb anu artseum es n³Āicaunitnoc A .)4102 ,.la te nadieZ ;5102 ,.la te gnopirisanataR ;4102 ,.la te layoG ;4102 ,ssilroC(s©Ārtse le rop adasuac dadeisna al raivila edeup n©ÃibmaT .)9102 ,.la te ihsahakaT ;0102 ,.la te nnamfoH ;2102 ,deeaS y dleifnedE(n³ÃiserpeD noc sodaicosa dadeisna ed samotnÃs sol raivila edeup y ,)9102 ,.la te mulB(setnecseloda sol ne dadeisna al ne lit⁹Ā n³Āicnevretni anu se ,)3102 ,.la te egoH(adazilareneg dadeisna ed onrotsart noc sanosrep ne adaredom a evel dadeisna al raivila edeup anelp n³Āicneta al ed adaiug n³Āicatidem aL ?dadeisna al raivila n³Āicatidem al edeup om³ĀC¿Ā .opit odot ed senoicaler rallorrased y renetnam arap selaicurc nos sedadilibah satsE .)5102 ,.la te oracsaM(n³Āicanimircsid arto al y avitcepsrep ed amot al ,aĀtapme al rarojem ,n³Āisapmoc al y asoroma n³Āicatidem al adiulcni ,lareneg ne dadnob al ne sadasab sadaiug senoicatideM .)1102 ,.la te nnamfoH ;8102 ,reignatS y resarG(Is guided meditation useful for children? A recent systematic review of research on the effects of mindfulness and affection-based meditations found that both types of guided meditation benefited children (Philippe and and 2021). The meditation of the attention fully best cognitive and socio -emotional results, while guided meditations based on affection, such as LKM, improved social skills, such as goodness, self -care and perspective. None of the guided meditation types impacted the academic results of the children. You can read more about full attention for children in our related artages. Try to play this new meditation of full guided attention to your children to see the results. 5 best scripts of guided meditation 1. Mindfulness of respiratory meditations The meditation of full attention has a vast evidence base that demonstrates its health benefits according to a recent meta -lary 2021). To share these benefits with your customers, try one of our scripts of breathing meditation on the links below. Breathing awareness discharges our six -steps short and guided attention from breathing meditation. Three steps to deep breathing discharge our three steps so that the meditation guide of deep breathing. OUR ACTION IN YÓGUICA OUR MEDITATION GUIDELINE OF YJOGY ATTENTION TO BREAK AQUE. 2. The meditation of loving love below is a brief guy designed to offer a meditation of loving love in person and in line. We suggest taking a three -second break between each line if use it with a customer in a session. For an idea of rhythm, reproduce this guided video of LKM of 10 minutes by Wettutter the mind. Posture instructions: Before starting the practice, find a cómoda posture that helps keep the spine straight, either sitting or lying down, where it is cósoda. Next, observe where he places his hands. If you are sitting, support your lap or placing them gently with palm trees on your If he's lying down, ³ them next to him in the yoga pose. Now, breathe naturally as we begin meditation³ [Bell/Gong] Practice script: Imagine a loved one sitting in front of you and a white light connecting you to corazÃ³n to corazÃ³n. Connect with feelings of slowly focus on the phrase, ¢ÂÂÂMay I be well, happy, and peaceful,¢ÂÂÂ feeling the warmth of loving-kindness filling your body¢ÂÂ¦Â And send these feelings to your friend. ¢ÂÂÂMay you be well, happy, and peaceful¢ÂÂ¦Â¢ÂÂÂ Breathing naturally¢ÂÂ¦Â As the light connects you, heart to heart. ¢ÂÂÂMay I be well, happy and peaceful¢ÂÂ¦Â¢ÂÂÂ ¢ÂÂÂMay you be well, happy, and peaceful¢ÂÂ¦Â¢ÂÂÂ Feel yourselves bathed in the warmth and light of loving-kindness¢ÂÂ¦Â while repeating these phrases, silently¢ÂÂ¦Â (mentally recite for two minutes). Remember to breathe naturally, as the white light connects you both, heart to heart, and continue. ¢ÂÂÂMay I be well, happy, and peaceful¢ÂÂ¦Â May you be well, happy, and peaceful¢ÂÂ¦Â¢ÂÂÂ Next, remembering to breathe naturally, imagine the white light between you becoming a circle of light around you both. The light is bathing you in the warmth and peace of loving-kindness that you radiate out to your surroundings¢ÂÂ¦Â Including all beings, from the smallest insect to the largest animal¢ÂÂ¦Â and out into the universe. See yourself and your friend radiating the light of loving-kindness out into infinity¢ÂÂ¦Â ¢ÂÂÂMay we be well, happy, and peaceful. May all beings be well, happy, and peaceful¢ÂÂ¦Â¢ÂÂÂ Breathing naturally, repeat these phrases, silently. ¢ÂÂÂMay we be well, happy. and peaceful¢ÂÂ¦Â May all beings be well, happy, and peaceful¢ÂÂ¦Â¢ÂÂÂ (mentally recite this for two minutes). Now, enjoy the feelings of warmth and expansion in your body¢ÂÂ¦Â Recognize the feelings that flow from your heart out into the universe¢ÂÂ¦Â and the universal friendliness reflected in your own heart¢ÂÂ¦Â ¢ÂÂÂMay we be well, happy, and peaceful. May all beings be well, happy, and peaceful¢ÂÂ¦Â¢ÂÂÂ (mentally recite this for one minute). As you continue to bathe in the warmth of loving-kindness¢ÂÂ¦Â turn your attention to your body and notice your feelings and sensations¢ÂÂ¦Â Notice ¢ÂÂÂwhat¢ÂÂÂ is observing your body¢ÂÂ¦Â and recognize that awareness¢ÂÂ¦Â a peaceful, still part of you, that witnesses everything, .ydob ruoy flow yeht sa schnileef eht yojne .Meht rof evah uoy htmraw dna dna Judgment... Breathe naturally... And slowly open your eyes. 3. Meditation of Compassion This is a guide designed for in-person and online delivery, starting with the same spine guidelines as the previous LKM. In addition, it uses the same template based on the four Buddhist Brahma Viharas, which consist of loving-kindness, compassion, grateful joy, and equanimity. For an idea of how to make the rhythm of this guided meditation, see this 10-minute Growing Meditation of Compassion by Dr. Elisha Goldstein. Posture Instructions: Before starting the practice, please find a comfortable posture that will help keep your spine straight, whether sitting or lying down, wherever you feel comfortable. Next, note where he places his hands. If you are sitting, hold them on your lap or gently place them with palms down on your knees. If she lies down, place them next to her in the yoga corpse pose. Now, breathe naturally as we begin the meditation. [bell/gong] Practice Guidance: Breathing naturally... Imagine a dear friend or loved one you know is suffering right now, maybe a sick relative or a friend with problems, and imagine a light in your heart that connects to your friend’s heart. Breathing naturally, as the white light connects you, from heart to heart, send compassion to them, saying, “May you be free from suffering and its causes.” Sit bathed in the soft light of compassion as you repeat these sentences, silently. “May I be free from suffering and its causes. Get rid of suffering and its causes (chant mentally for two minutes) Remember to breathe naturally, as the white light connects you both, heart to heart, and go on. “May I be free from suffering and its causes. May you be free from suffering and its causes Continuing, remembering to breathe naturally, see the white light their hearts becoming a circle of light around them. Light bathes you in the soft light of compassion that you radiate to your environment. See yourself and your friend. friend. us erreic y arbA .etneilc nu ed otnemarepmet led odneidneped duteiuqni o acinelonmos racovorp nedeup sobma euq ay ,oicnelis o n³Āciteper adaisamed nis nallorrased es euq ay ,senoiccurtsni sus racitcarp y riregid arap eteicifus opmeit le etneilc us a ©Ād el agertne us euq ed eser⁹ĀgesA .etnematcerroc n³Āicatneiro us ed omtir le noC .n³Āicatneiro us ed aznaifnoc aliuqnart al rop iĀritimsnart es acitcıÃrp al noc dadirailimaf ed odarg uS .siÃmed sol a raiug ed setna omsim detsu acitcıÃrp al reconoc ed eser⁹ĀgesA .odajaler opreuc le y sadayopa sonam sal ,atcer larbetrev anmuloc al renetnam etnatropmi sE .adatnes o adatsoca etnemacipÃt ,)0202 ,hahS(n³Āicatidem ed sarutsop noc esrazirailimaf :raiug arap sojesnoc ocnic yah ÃuqA .oicicreje orto reiuqlauc ed s©Āvart a etneilc nu a ravell omoc se orep ,oipicnirp la serodatnelased esritnes nedeup n³Āicatidem ne sorto a naÃug euq saedi 5 :setnaipicnirp arap senoiccurtsni ed aÃuG .sojo sol etnematnel erba y ... etnemlarutan aripser ... oiciuj nis ,odot aicneserp euq ,it eD Āsa n⁹Āa ,acifÃcap etrap anu ... aicneicnoc al euq econocer y ... opreuc ut odnavresbo iÃtse euq it ed etrap al evresbO ... senoicasnes y sotneimitnes sut aton y opreuc ut a n³Āicneta ut egirid ... n³Āisapmoc al ed rodnalpser evaus le ne esodniÃ±Āab aºĀnitnoc euq adidem A .)otunim nu rop etnemlatnem aticer(... sasuac sus y otneimirfus ed serbil n©Ātse seres sol sodot euQ .sasuac sus y otneimirfus ed serbil somatse ,somamiS" ... n³Āzaroc oiporp us ne adajelfer n³Āisapmoc al y ... osrevinu le aicah n³Āzaroc us ed eyulf euq n³Āisapmoc al aeV ... opreuc us ne ollirb evaus y evaus led eturfsid ,arohA .)sotunim sod etnarud otse etnemlatnem aticer(... sasuac sus y otneimirfus ed serbil somatse euq sartneiMâ ¬â ¢Ā .oicnelis ne ,sesarf satse atiper ,etnemlarutan odnaripser ... sasuac sus y otneimirfus ed serbil n©Ātse seres sol sodot euQ .sasuac sus y otneimirfus ed serbil somatse ,ozboS" ... otinifni le ne n³Āisapmoc al ed zul aL raredisnoC raredisnoC .oremirp esodniÃbarg racitcarp nedeup sarto ,etnajaler zov anu ed sadatod etnemlarutan niÃtse sanosrep sanuglA .odidem y oliuqnart zov ed onot us agnetnaM .evaus gnog o anapmac anu noc arutsop al racifirev ed s©Āupsed n³Āicatidem ed your guided meditation and practice with your client together. This will give you more control initially and help you build confidence to guide your customers in person in the future. You can also share your client’s experience more directly if you practice together. LKM has its roots in the ancient Buddhist practice of the Brahma Viharas (Frondsal, n.d.), also called the Four Immeasurable. Loving-kindness is the English translation of the term pali metta, the first of the four practices. It is said that the Buddha taught to put monks who were afraid of sprites (evil spirits) when they meditated in the forest (Trafford, 2020). Their fear undermined their ability to concentrate and practice. Buddha taught that the cultivation of metta attracted the external protection of devas, or benevolent deities (Access to Insight, 2013), who repel negative spirits that disturb and distract the mind, protecting an internal practice. Since then, LKM has become a popular practice of guided meditation and has become the subject of a growing body of scientific research. Some findings have supported Buddha’s original claims about the power of metta to positively transform a meditator’s perceptions of reality (Vieten et al., 2018). For more information on recent research and clinical applications, take a look at our dedicated article on Meditation of Love- Kindness. 5 Telehealth Tips for Meditation Through the Zoom Here are five telehealth tips for guiding the meditation through the teleconference, paying special attention to the importance of modeling when guiding the meditation. Make sure you can be seen guiding and shaping a proper meditation posture, rather than just the head and shoulders. Try the best position using your webcam or phone and the ease of pre-recording. Make sure your environment is quiet, well and free of visual distractions. Wear appropriate clothes for the meditation and yoga practice that is comfortable, spacious and and to avoid distractions. Wear a Bluetooth wireless microphone attached to your neck so you can move freely without losing audio contact. Always make sure that you can be seen and heard properly before you start. After checking the posture, start and finish your guided meditation using a traditional bell or gong. Ask for feedback about your video conference session for ideas on how to improve the experience. PositivePsychology.com Resources Our site has many resources on mindfulness meditation based on the latest scientific research in the field, including this collection of 17 Mindfulness and Meditation Exercises for Professionals. They contain the best rated tools taken from the Positive Psychology Toolkit, the tools are grounded in science, drawn from the latest research and insights in the field of positive psychology, and include references, practical tips and detailed descriptions of how to use them. Interesting examples include the Cooking Mindfully exercise, which helps your customers develop full attention and tasty skills when cooking, eating and more, as well as a selection of useful audio scripts. Another highly recommended resource is the Mindfulness XÃ© package. It offers a full eight-session training program in mindfulness-based interventions that include meditations and simple awareness exercises. It is the reference tool if you are dedicated to improving the full attention of others. A Message to Take Home Guided meditations of all kinds are rooted in ancient contemplative practices of growing interest to researchers in the fields of medicine, psychology and neuroscience. Guided meditation includes a range of approaches, such as mindfulness, effect-based meditations such as LKM, and mantra-based meditation. TOM. Short, guided meditations can provide useful support to clients between therapy and counseling sessions and help them manage stress, anxiety, sleep problems, and difficult emotions. We hope you enjoyed reading this article. Don't Don't ,reloS & ,.V ,n3ĀmiS ,.A ,allobeC ,.C ,anomraC ,.A ,ocnalB-nÃĀtraM ,.M ,seciIE ,.C .J ,laucsaP ,.A ,reloS-uileF .141«Ā 131 ,5 ,otneimatropmoC led n³ĀitseG y aĀgolocisP ne n³Āicagitsevnl .n³Āiserped al y dadeisna al arap aduyaotua ed otneimatart nu omoc anelp n³Āicneta al ed n³Āicatidem al erbos n³Āicazilautca anU .)2102(,.A .S ,deeaS & ,.M .T dleifnedE .46 ,)7(34 ,aĀgolocisP ed rotinoM ?anelp n³Āicneta al ed soicifeneb sol nos seliÃuC¿Ā .)2102(.A .J ,seyaH & ,.M .D ,sivaD 769680104102-sserts-latnem-yteixna-esae-yam-noitatidem-ssenlufdnim/golb/ude.dravrah.htlaeh.www//:sptth ed ,2202 ed orene ed 4 le odatlusnoC .gnihsilbuP htlaeH dravraH ,golB htlaeH dravraH .latnem s©Ārtse le ,dadeisna al raivila edeup anelp n³Āicneta ed n³Āicatidem aL .)orene ed 8 ,4102(.J ,ssilroC .265«Ā 545 ,)7(92 ,dadeisna y n³ĀiserpeD .sodazirotaela sodalortnoc soyasne ed sisiliÃnaatem y acitiĀmetsis n³ĀisiveR :dadeisna al ricuder arap savitatidem saipareT .)2102(.W .C ,zeujeL & ,.L ,namhcaD ,.J ,nosdigaM ,.D ,edroF ,.E ,remiehnaM ,.C .C ,regreB ,.W .K ,nehC .38â ¢Ā56 ,)2(72 ,ycnialpahC eraC htlaeH fo lanruoJ .acirtiÃiuqisp dadinu anu ne sodanretni setnecseloda ne dadeisna y anelp n³Āicneta ed n³ĀicatideM .)9102(.R ,enaponouB & ,.V ,ecyoJ ,.C ,hsaN ,.C ,ttuR ,.H ,mulB .3432«Â 4232 ,)6(45 htlaeH dna noigileR fo lanruoJ .laicosorp otneimatropmoc le atnemua y n³Āisapmoc al arnoh asoroma n³Āicatidem al om³ĀC :dadilarom al avitluc n³Āicome al ranertnE .)5102(.J ,draknaB .6112»Â9902 ,21 ssenlufdniM .ecneicS fo beW ne sadaxedni senoicacilbup ed ocirt©Āmoilbib sisiliÃnA :so±Āa 55 ed ogral ol a ssenlufdnim ed n³Āicagitsevni al ne sollorrased y sniednetT .)1202(.I ,ihchcaraagnaloS & ,.A ,attawinimaB lmth.rama.80.1.pns/pns/nk/akatipit/gro.thgisniotssecca.www//:ptth ed ,2202 ed orene ed 4 le odatlusnoC .ahgnaS itavaramA ehT rop ilaP led odicudarT .)8.1 .nS(asoroma dadnob al erbos aduB led sarbalap saL :attuS atteM ayinaraK)erbmeivon ed 2 ,3102(.thgisnI al a oseccA .sitarg ssenlufdniM ed soicicrejE sert sortseun ragracsed (2017). Promoting self-pity and loving-kindness in patients with borderline personality disorder: Randomized pilot study. Clinical Psychology and and ,.J .D ,hguaniboR ,.K .L ,sirroM ,.A .C ,flacteM .L ,seuqraM ,.E ,iuB ,.A .E ,egoH .Ā 2311 Ā ¢Ā6211 ,)7(13 ,weiveR ygolohcysP lacinilC ,sacig³Ālocisp senoicnevretni arap laicnetoP :n³Āicatidem n³Āisapmoc y dadnob-romA .)1102(.E .D ,notniH & ,.P ,namssorG ,.G .S ,nnamfoH .381 Ā Ā ¢Ā961 ,)2(87 ,ygolohcysP lacinilC dna gnitlusnoC fo lanruoJ .acitĀlanaatem n³Āisiver anU :n³Āiserped al y dadeisna al erbos ssenlufdnim ne adasab aiparet al ed otcefe lE .)0102(.D ,hO & ,.A .A ttiW ,.T .A ,reywaS ,.G .S ,nnamfoH Ā 5102 Ā ¢Ā102 ,)4(62 ,yrtaihcysP fo weiveR dravraH .sacinĀlc sartseum ne n³Āicacilpa ed savitcepsrep y lareneg n³Āisiv anU :asoroma dadnob y n³Āisapmoc ed n³ĀicatideM .)8102(.U ,reignatS & ,.J ,resarG Ā 863 Ā ¢Ā753 ,)3(471 ,enicideM lanretnI AMAJ .sisiliÃna-atem y acitiĀmetsis n³Āisiver anU :ratseneib le y ocig³Ālocisp s©Ārtse le arap n³Āicatidem ed samargorP .)4102(.A .J ,etiawhtnrohtyaH & ,.B .E ,ssaB ,.S ,ahaS ,.S ,nniL ,.D .P ,ehgnisanaR ,.M .H ,bahihS ,.D .D ,noraM ,.D ,rehcielS ,.Z ,regreB ,.R ,amrahS ,.A ,ruomyeS-dnalwoR ,.F .N ,dluoG ,.M .E ,agnibiS ,.S ,hgniS ,.M ,layoG /sarahiv-amharb-eht-evol-fo-secaf-ruof-eht/selcitra-skoob/gro.retnecnoitatidemthgisni.www//:sptth ed 2202 ed orene ed 3 le odarepuceR .thgisnI n³ĀicatideM ed ortneC .sarahiV amharB soL :roma led sarac ortauc saL .).d.n(.G ,lasdnorF .Ā 2601 Ā ¢Ā5401 ,)5(59 ,ygolohcysP laicoS dna ytilanosreP fo lanruoJ .setneucesnoc selanosrep sosrucer neyurtsnoc ,asoroma dadnob al ed n³Āicatidem al ed s©Āvart a sadicudni ,savitisop senoicome saL :sadiv neyurtsnoc sotreiba senozaroC .)8002(.M .S ,lekniF & ,.J ,keP ,.A .K ,yeffoC ,.A .M ,nhoC ,.L .B ,noskcirderF .21 ,ygolohcysP ni sreitnorF .acitiĀmetsis n³Āisiver anU :so±Āin sol ed sacim©Ādaca y selanoicome-laicos ,savitingoc sedadilibah sal erbos ssenlufdnim ne sodasab samargorp rop sadazilitu n³Āicatidem ed sacinc©Āt sal ed sotcefe sol rarolpxE .)1202(.T ,opmiL & ,.L .S ,ortsaC ,.P ,ojnoÃarA ,.L ,oriebiR ,.F .A ,atsoC ,.S .A ,osoleV ,.S ,se£ĀĀhlagaM ,.G .M ,epiliF .682 Ā 872 ,42 J. 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