

CHAPTER 26: HAVING HATRED OR COMPASSION FOR YOURSELF

1. For an excellent overview of all the research, see Gilbert, P., & Irons, C. (2005). Focused therapies and compassionate mind training for shame and self-attacking. *Compassion: Conceptualisations, Research and Use in Psychotherapy*, 263–325.
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4. *Ibid.*
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6. For suicidal tendencies, see Stanley, B., Gameraoff, M. J., Michalsen, V., & Mann, J. J. (2001). Are suicide attempters who self-mutilate a unique population? *American Journal of Psychiatry*, 158(3), 427–432.
7. Gilbert, P., & Irons, C. (2005). *Op. cit.*
8. *Ibid.*, p. 291.
9. Neff, K. D. (2011). *Op. cit.*, p. 41.
10. *Ibid.*, p. 43.
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Neff, K. D. (2011). *Op. cit.*, p. 64. See also Baumeister, R. F., & Leary, M. R. (1995). The need to belong: Desire for Interpersonal Attachments as a fundamental human motivation. *Psychological Bulletin*, 117(3), 497.
12. Neff, K. D. (2011). *Op. cit.*, p. 69.
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15. See Kabat-Zinn, J., Lipworth, L., & Burney, R. (1985). The clinical use of mindfulness meditation for the self-regulation of chronic pain. *Journal of Behavioral Medicine*, 8(2), 163–190.
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 21. Neff, K. D. (2003*b*). *Op. cit.*
 22. Gilbert, P., *Human Nature and Suffering*, Lawrence Erlbaum, 1989; Gilbert, P., & Irons, C. (2005). *Op. cit.*
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