SUPPLEMENTARY MATERIAL

Supplementary Table S1. The ABCT-16

Session 1	
Theory	The workings of our brain
Formal practice	Compassionate breathing and compassionate body scan
Informal practice	3-min compassionate practice
Tasks	Compassionate breathing and body scan 3-min compassionate practice Diary of self-compassion and practice
Session 2	
Theory	The reality of suffering: primary and secondary suffering What is and isn't compassion?
Formal practice	Compassionate coping with difficulties
Informal practice	Savoring and giving thanks
Tasks	Compassionate breathing and body scan Compassionate coping with difficulties 3-min compassionate practice Diary of self-compassion and practice
Session 3	
Theory	Compassion and mindfulness Self-esteem and compassion
Formal practice	The figure of affect: connecting with basic affection Developing a safe place
Informal practice	The object that joins us to the world
Tasks	Compassionate breathing and body scan Figure of affect (formal and informal) Safe place (formal and informal) 3-min compassionate practice
Session 4	
Theory	Fear of compassion
Formal practice	The compassionate action Identifying the figure of secure attachment

Informal practice	What are we good at?
Tasks	Compassionate breathing and body scan Figure of affect (formal and informal) Safe place (formal and informal) The compassionate action (formal and informal) 3-min compassionate practice
Session 5	
Theory	How compassion acts
Formal practice	Developing the figure of secure attachment
Informal practice	-
Tasks	Compassionate breathing and body scan Develop and stabilize the figure of secure attachment
Session 6	
Theory	Effectiveness of compassion Self-criticism
Formal practice	Replacing the self-critical voice with a compassionate voice
Informal practice	Writing a letter to a compassionate friend
Tasks	Compassionate breathing and body scan Diary of Self-Critical Voice Replace the self-critical voice with the compassionate voice once a day Writing a letter to a compassionate friend
Session 7	
Theory	Attachment styles Importance of these styles in everyday life
Formal practice	Becoming aware of our attachment style
Informal practice	-
Tasks	Compassionate breathing and body scan Working on attachment style 3-min compassionate practice
Session 8	
Theory	-
Formal practice	Ability to receive affection: friends, indifferent people, enemies

Informal practice	Letter to your parents
Tasks	Compassionate breathing and body scan Working on the ability to receive affection: friends, indifferent people Write the letter to your parents

Evaluation session

Short review of the contents of the program

Self-esteem exercise: Participants are given a sheet of paper with a big circle drawn on it. They are asked to write their name inside. After that, using colored pens they must write their virtues. 10 minutes later they are given another sheet of paper with a list of positive adjectives, so they can find more positive aspects of themselves to include in the circle. Finally, they are instructed to decorate the external part of the circle and to include a positive sentence that may help them in tough times. They are asked to take a photo of the drawing with their cell phones and to put the original somewhere easy to find or see, to revise it when they do not feel OK.

Questionnaires

Session 9	
Theory	Importance of affection towards ourselves and others
Formal practice	Showing affection to friends and indifferent people Showing affection to ourselves
Informal practice	The greatest display of affection (in general and from our parents)
Tasks	Compassionate breathing and body scan Working on attachment style Working on receiving affection from friends and indifferent people 3-min compassionate practice

Session 10	
Theory	-
Formal practice	Reconciliation with our parents Three positive aspects and three negative aspects of our parents
Informal practice	The illusion of labels
Tasks	Compassionate breathing and body scan

	Working on attachment style Working on receiving affection from friends and indifferent people 3-min compassionate practice The illusion of labels
Session 11	
Theory	Guilt and the importance of forgiveness
Formal practice	Forgiving yourself Asking others for forgiveness
Informal practice	Interdependence
Tasks	Asking others for forgiveness Interdependence
Session 12	
Theory	-
Formal practice	Forgiving others and showing compassion to enemies Showing forgiveness for the hurt caused by loved ones (only for people with this experience) Recapitulation
Informal practice	Compassion in everyday life
Tasks	Forgiving others and showing compassion Informal compassion
Session 13	
Theory	Working in three periods Envy Usefulness of being our attachment figure
Formal practice	Working with envy Becoming our own attachment figure
Informal practice	-
Tasks	Asking others for forgiveness Forgiving others and showing compassion Interdependence Informal compassion
Session 14	

Theory	Difficult people
Formal practice	Handling difficult relationships
Informal practice	Not taking anything personally Looking others in the eye and connecting with their suffering
Tasks	Asking others for forgiveness Forgiving others and showing compassion Interdependence Informal compassion
Session 15	
Theory	Equanimity
Formal practice	Equanimity I: We are all equal. Equanimity II: The illusion of categories
Informal practice	Our values and their relation with compassion
Tasks	Asking others for forgiveness Forgiving others and showing compassion Interdependence Informal compassion
Session 16	
Theory	How to keep up the practice of compassion for a lifetime
Formal practice	Equanimity II: Showing the world the gratitude we have not been able to give back
Informal practice	The cosmic attachment figure The tantric embrace