Supplementary measure 1*.* *Interview schedule.*

**An exploration of individuals’ subjective experiences of**

**a brief self-compassion intervention to tackle fears about other people**

**Main questions**

*(Prompts are in italics)*

1. Can you tell me a bit about how things are for you at the moment?

* *What have you been doing?*
* *How have you been feeling?*
* *How would you describe your confidence?*

1. Have there been any changes?

* *In your self-compassion? Confidence? Worries or fears about other people? Other areas?*
* *Has anyone else (friends or family) noticed a change?*

1. What was it like taking part for you?

* *Did you find anything more or less helpful?*
* *How did you find the therapy? How did you find the assessments?*
* *How did you find the practices between sessions (/homework)? Have you felt able to practice the imagery exercises? How did you find the handouts and audio recordings?*

1. Is there anything that we haven’t asked that you feel may have been important to your experience?

* *Any suggestions for the future? Anything else you would like to add?*