

### **Self-compassion condition (participants randomly allocated; approximately half complete)**

Thank you for completing the questionnaire section of the study. You have now reached the part of the study where you will complete your writing activity. Your responses in the writing activity will be treated as highly confidential.

#### **How to start the writing activity:**

Please set aside **20 minutes** for the writing activity and use your desktop or laptop computer. You can access the writing activity by clicking the "next" button below. You will be taken to the writing activity page that has further instructions for you. Once you have started the activity please stay on the webpage until you have finished.

**To get started please click the "next" button below:**

#### **Writing activity instructions**

Think about a negative event that you have experienced about your body when experiencing symptoms of endometriosis that made you feel bad about yourself – something that involved sadness, rejection, embarrassment, or humiliation. Describe the event and provide details regarding who was present, precisely what happened and how you felt and behaved at the time.

Using a self-compassionate view means being able to take the difficult or negative experiences from the symptoms of endometriosis and thinking about them in a warm and kinder way. Writing self-compassionately about changes that you have experienced due to the symptoms of endometriosis can help with deeper understanding and acceptance, and in this way help to reduce feelings of self-criticism.

Being self-compassionate means:

- Recognising that experiencing difficult emotions, such as feeling insecure, shame and 'not good enough,' is part of what it means to be human.
- Not judging yourself negatively or harshly.
- Being kind to yourself when you are having a hard time, or when you notice something about yourself that you don't like or that makes you feel bad.
- Accepting yourself and your experience.

In your writing, really let go and explore your deepest emotions and thoughts. You might tie your topic to your relationships with others, or to your past, your present, or your future, or to who you have been, or who you would like to be in the future.

**Please respond to each question in the space provided.** Don't worry about spelling, grammar, or sentence structure and feel free to write in any language.

**After you have completed your writing, please submit your writing to progress to the next stage of the survey.** Your writing will remain anonymous and will not be traceable to the survey information you completed.

**Step 1 (Introduction - 1 paragraph of writing)**

Think about a negative event that you have experienced about your body regarding your endometriosis symptoms that made you feel bad about yourself – something that involved sadness, embarrassment, failure, or rejection. Please set the scene and write an introduction for the negative event in the space below:

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**Step 2**

Think about how your body has changed through your experience with endometriosis. Please write a paragraph about whether or not you have treated your body and yourself with kindness during this time.

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**Step 3**

Keeping in mind how your body has changed as a result of having endometriosis, please write a paragraph showing understanding, kindness, and concern for yourself in a way you would help a friend who had undergone the experience.

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**Step 4**

Please write a paragraph about ways in which other people also experience similar events (i.e., how other people may be feeling uncomfortable about their appearance or body).

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**Step 5**

Please look at your feelings using a broader perspective of the situation. See if you can put some distance between the situation and your reactions. Think about all the issues that have contributed to the situation and write about your feelings from this broader perspective.

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**Step 6 (Conclusion- 1 page)**

Write a self-compassionate letter to yourself, perhaps extending this to a letter to all people with endometriosis. Having endometriosis, what are some of the things you've needed to hear about your body? What are you needing to say to yourself? What would you say to your friends and family, or more broadly all people, struggling with these issues?

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**Control condition (participants randomly allocated; approximately half complete)**

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**How to complete the writing activity:**

Please set aside **20 minutes** for the writing activity and use your desktop or laptop computer. You can access the writing activity by clicking the "next" button below. You will be taken to the writing activity page that has further instructions for you. Once you have started the activity please stay on the webpage until you have finished.

**To get started please click the "next" button below:**

Welcome to the **Describe Your Time** Writing Program

This task involves thinking and writing in a factual manner, describing in detail how you spend your time.

**Activity Instructions:**

- Respond to each question in the space provided.
- Don't worry about spelling, grammar, or sentence structure.
- Write in any language. It does not need to be English.
- Your responses are confidential and not identifiable; researchers will not have access to your writing activity in any form.
- This writing activity aims to help you think in an objective, descriptive and factual way.
- Please complete the activity in a quiet space and calm space.

**Step 1 (Introduction - 1 paragraph of writing)**

For this writing session, think about how you spent your time yesterday morning in a factual and detail-oriented way. Your descriptions should be information only and not include comments regarding your thoughts or feelings about how you spent the morning. Please set the scene by writing in the space below about how you started your morning yesterday, i.e., what time did you wake up, what time did you get up, is this your usual time, etc.

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**Step 2**

Please write a paragraph describing in detail how you spent the previous afternoon.

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**Step 3**

Consider what you have done so far today. Please write a factual paragraph describing your day so far.

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**Step 4**

Please write a paragraph in as much detail as possible about how you plan to spend the remainder of your day today.

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**Step 5**

Think about how you will spend tomorrow. Consider the main thing you will be doing. Describe in a factual way how your day would change if you did not do this thing. How would this affect the rest of your day?

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**Conclusion (1 page)**

Please write a factual and detailed description of how you plan to spend your time in the following week.

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