9. Blame and trauma

#PHR

Suffering trauma and low self worth

- 1. Don't get down on yourself
- 2. I hold fault at that situation
- 3. I chose to stew in that (dwell on it)
- 4. I was damaged goods
- 5. Don't beat yourself so hard
- 6. Don't be harsh on yourself

Withstanding harm

1. She really holds it together