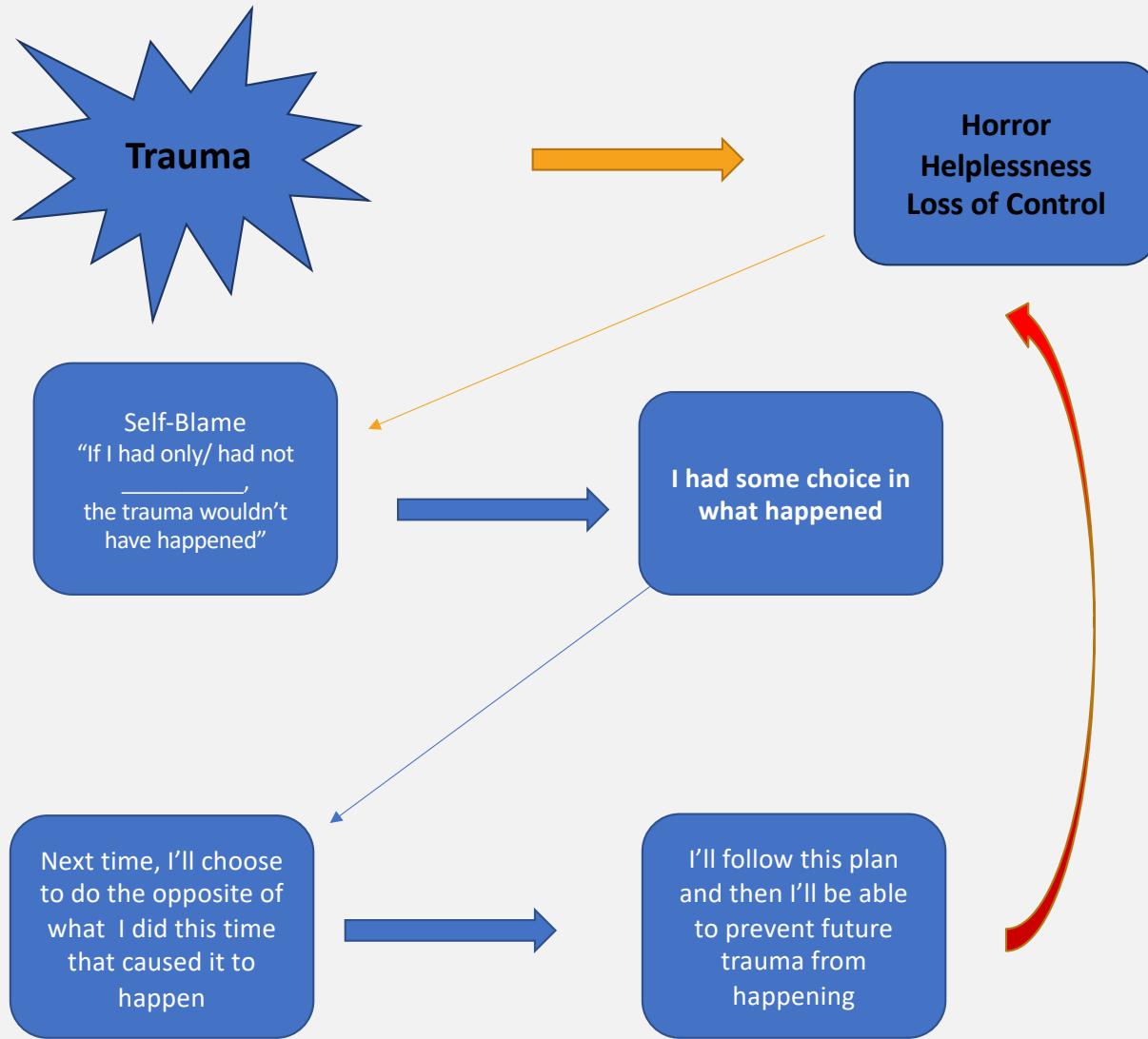


SELF-BLAME IN PTSD AND *HOW SELF-COMPASSION CAN HELP*

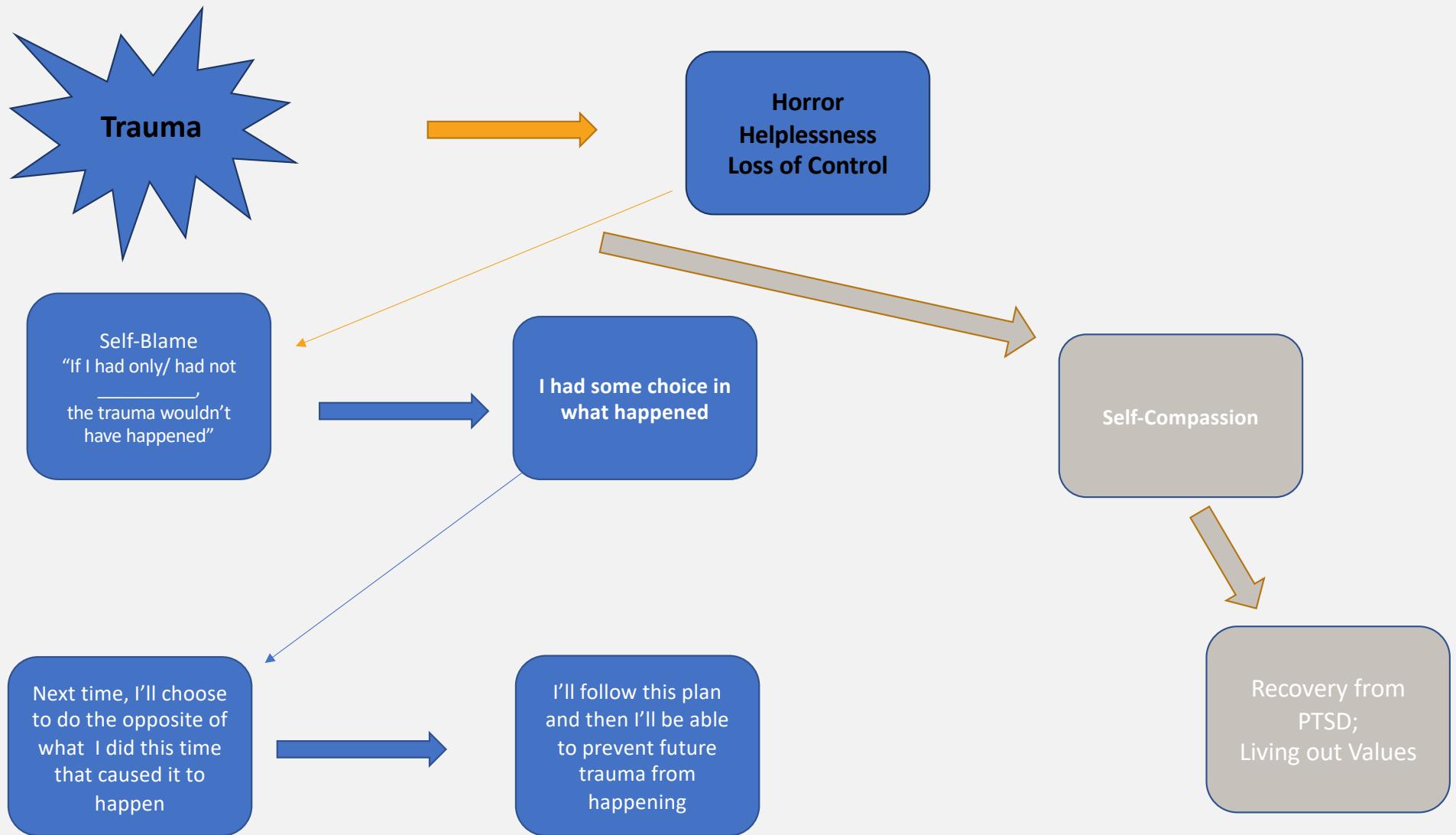
SELF-BLAME IN PTSD

- How does it show up?
 - Ruminating (thinking about the event over and over)
 - Guilt or shame
 - “Something’s wrong with me”
- Consequences?
 - Extra unworkable behaviors
 - Feel worse
 - Not behaving in line with values
 - Keeps PTSD going – stuck in same way of thinking about the trauma



SELF-COMPASSION: AN ALTERNATIVE

- What it is?
 - Being mindful of pain
 - Common humanity
 - Self-kindness
- How can it help?
 - Acknowledge the pain underneath the self-blame
 - Break cycle of negative self-talk
 - Decrease extra suffering (label pain but do not perseverate)
 - Heal from PTSD by taking a different perspective on our trauma



LET'S PRACTICE

- Exercise: take a self-compassion break
 - Please bring to mind a situation about which you struggle with self-blame, guilt, or shame (ideally trauma-related).