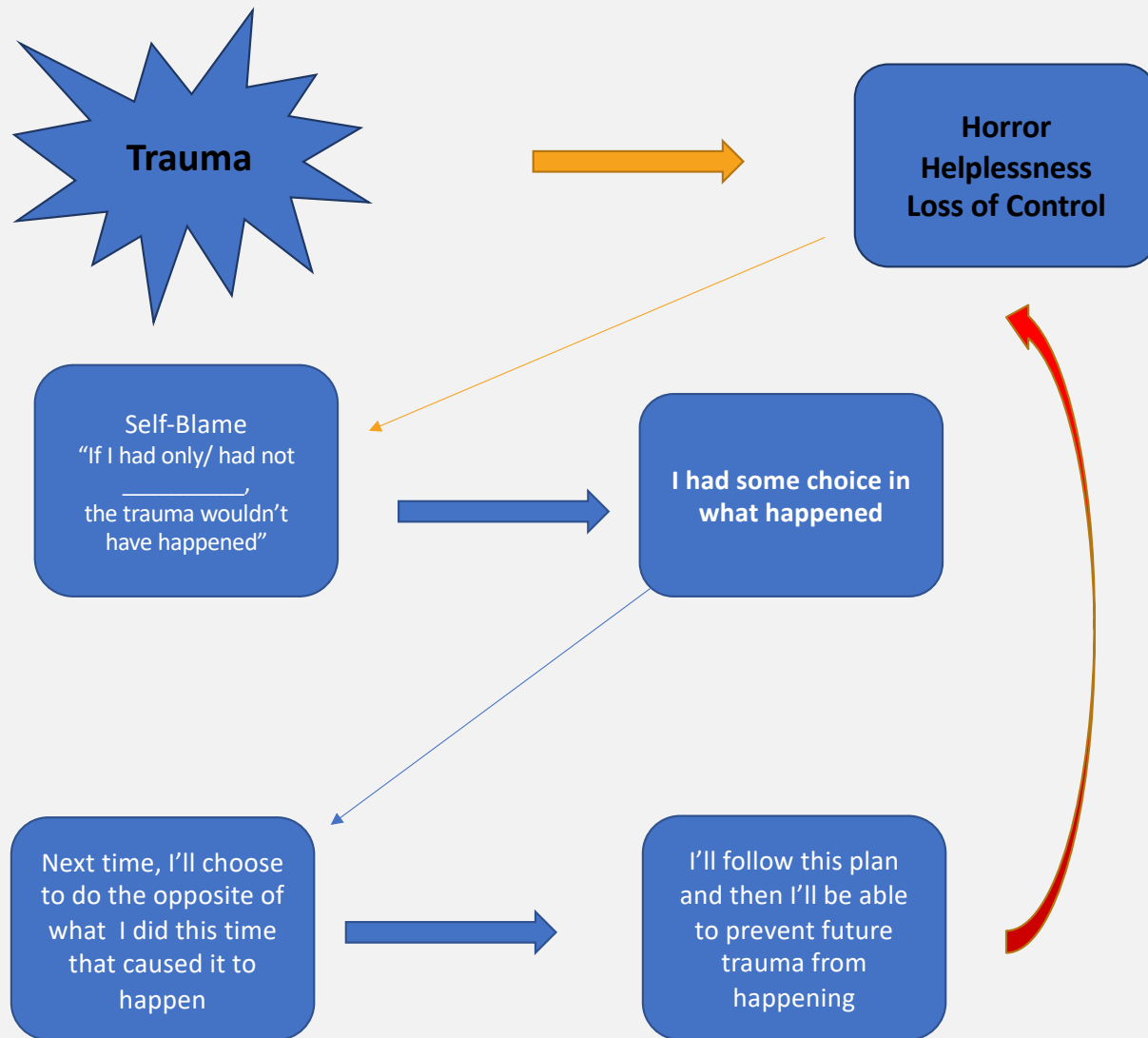


SELF-BLAME IN PTSD  
AND  
*HOW SELF-COMPASSION CAN HELP*

## 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 persevere)
  - Heal from PTSD by taking a different perspective on our trauma

**Trauma**

**Horror  
Helplessness  
Loss of Control**

Self-Blame  
"If I had only/ had not  
\_\_\_\_\_,  
the trauma wouldn't  
have happened"

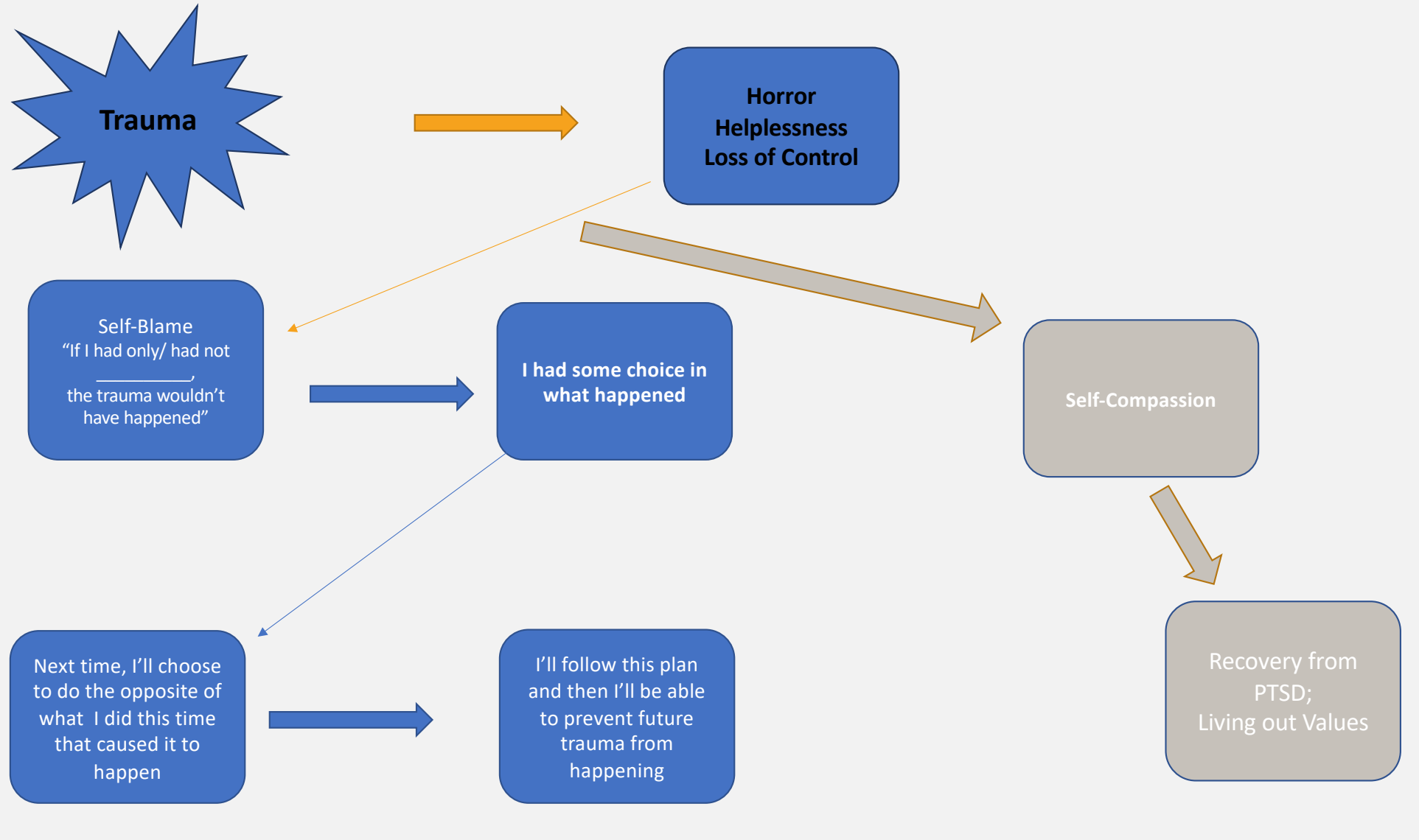
**I had some choice in  
what happened**

Self-Compassion

Next time, I'll choose  
to do the opposite of  
what I did this time  
that caused it to  
happen

I'll follow this plan  
and then I'll be able  
to prevent future  
trauma from  
happening

Recovery from  
PTSD;  
Living out Values



## 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).