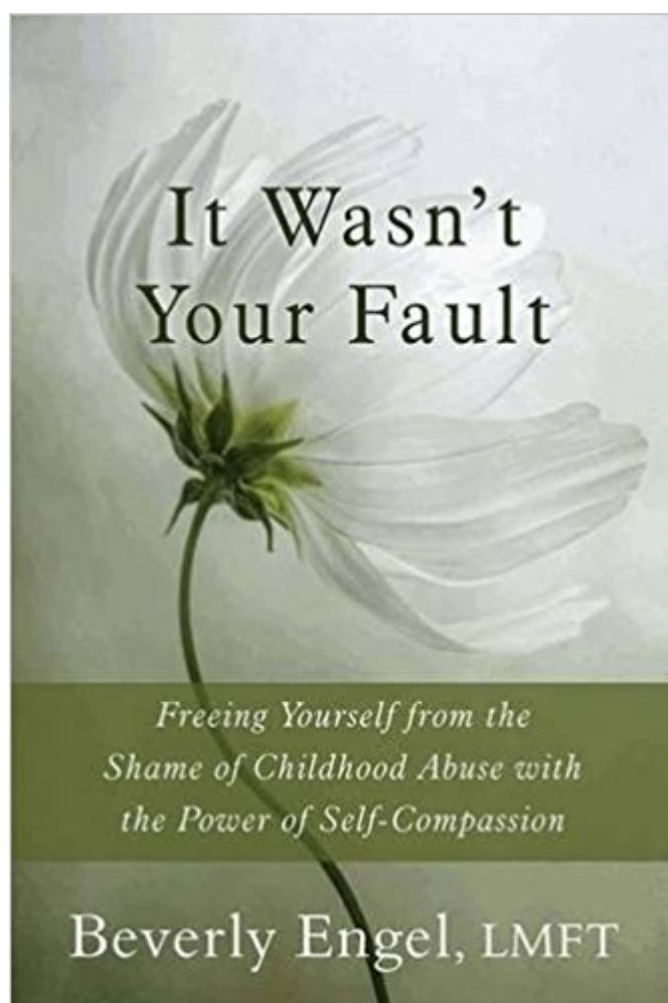


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It Wasn't Your Fault: Freeing Yourself From The Shame Of Childhood Abuse With The Power Of Self-Compassion



Synopsis

Shame is one of the most destructive of human emotions. If you suffered childhood physical or sexual abuse, you may experience such intense feelings of shame that it almost seems to define you as a person. In order to begin healing, it's important for you to know that it wasn't your fault. In this gentle guide, therapist and childhood abuse expert Beverly Engel presents a mindfulness and compassion-based therapeutic approach to help you overcome the debilitating shame that keeps you tied to the past. By following the step-by-step exercises in this book, you'll gain a greater understanding of the root cause of your shame. And by cultivating compassion toward yourself, you will begin to heal and move past your painful experiences. Recent studies show that trauma survivors, particularly those with post-traumatic stress disorder (PTSD) resulting from abuse, can greatly benefit from incorporating elements of self-compassion into their treatment. Furthermore, the practice of self-compassion has been shown to decrease PTSD symptoms, including, self-criticism, thought suppression, and rumination. This book is based on the author's powerful and effective Compassion Cure program. With this book, you will develop the skills needed to finally put a stop to the crippling self-blame that keeps you from moving on and being happy. You'll learn to focus on your strengths, your courage, and your extraordinary ability to survive. Most of all, you'll learn to replace shame with its counter emotion—pride.

Book Information

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Customer Reviews

With uncommon clarity and kindness, the author speaks directly to the invisible heart of

childhood abuse—shame. Readers will recognize the authentic voice of a former victim as she gently guides them on the healing path to self-compassion. It is an artful distillation of self-compassion theory, research, and practice for those who have suffered long enough. I can't recommend it highly enough.

• Christopher Germer, PhD, clinical instructor at Harvard Medical School and author of *The Mindful Path to Self-Compassion*; This book provides an in-depth understanding of the many ways shame sustains the harm of past abuse, and outlines a powerful program for using self-compassion to free yourself from these bonds. Read it and heal.

• Kristin Neff, PhD, author of *Self-Compassion*; In this beautifully written book, Beverley Engel offers us a scholarly, yet easily-accessible understanding of the nature of shame and the harm that it does us. She also articulates very clearly how compassion is one of the most important antidotes for shame. After all, it's easy to be compassionate toward people we like—but real compassion is for when things get tough. No one can read this book without coming away with considerable insights into the problematic ways we often treat ourselves and the value of developing compassion—not just as an easy option, but as a courageous way to deal with our inner struggles. I can't recommend this book highly enough; it is well-researched, highly informative, and helpful. A real gift to those struggling with the inner conflicts of self-doubt and criticism.

• Paul Gilbert, PhD, author of *The Compassionate Mind* "Marriage and family therapist Engel (*The Emotionally Abused Woman; Healing Your Emotional Self; The Power of Apology*) here focuses on resolving the shame issues of abuse victims by proposing strategies for self-compassion. Addressing the reader personally, Engel first analyzes the concept of debilitating shame, differentiating it from guilt, and then describes the effects of shame and the strategies people use to overcome it. The author then skillfully presents and combines a number of therapeutic methods put forth recently regarding the development of mindfulness in clients, which can lead to a more compassionate view of themselves. By combining these mindfulness approaches with the specific focus on the shame reactions of childhood abuse victims, Engel helps the participating reader to develop more awareness of how their past trauma affects their present lives. Calling this process *The Compassion Cure Program*; and using many case study examples and more than fifty exercises, Engel delivers an accessible path for suffering beginners attempting therapeutic mindfulness practice. Readers are shown ways to develop five elements of self-compassion: self-understanding, self-forgiveness, self-acceptance, self-kindness, and self-encouragement."

Library Journal

Beverly Engel, LMFT, is a licensed marriage and family therapist with over thirty years of experience working primarily with survivors of childhood and adult abuse. She is considered one of the world's leading experts on emotional abuse recovery and is author of twenty nonfiction books on the subjects of emotional and sexual abuse recovery, relationship issues, and female empowerment. Her books include *The Emotionally Abused Woman*, *The Emotionally Abusive Relationship*, and *Healing Your Emotional Self*. She has appeared on many national television shows, including *Oprah* and *Starting Over*, has appeared on CNN, and was nominated for the Books for a Better Life Award for her powerful book, *The Power of Apology*.

Engel is usually a winner and this one is excellent. Sometimes wish she'd include less personal details but that's just my personal quibble. The key principles are well-presented. Few other authors tackle the shame issue head on as she does, and in such a readable and personable manner. I work with abuse victims and am using it extensively.

This is the best book I have read concerning why we fail and why we hate ourselves. Beverly takes you from recognizing and admitting the abuse to feeling it, to healing it. What a life saver.

I cannot tell you how many self-help/psychology books I've read before! Some have been good, others not so helpful. I grew up with a BPD parent, suffered all types of abuse from emotional to sexual...and this book is transforming my life!!! The great thing about this book is the 'aha' moments practically on every page, as well as the transformative work of self compassion. If you have suffered any type of abuse, if you suffer from shame or low self esteem, then please buy this book! You will not be disappointed I promise!

How many times have I heard someone tell me "it wasn't your fault"? I logically understood it. Yet, I would still lie in bed (for 20 years) wondering if/what I could have done differently the very first, second, third, every-time I had been sexually abused. It wasn't until Beverly Engel explained to me WHY it wasn't my fault; that self-compassion is the antidote to shame; that the reason why I kept thinking of alternatives is I couldn't/refused to accept 'I was such a vulnerable being as a child, and that I still continue to be a vulnerable being today as an adult.' This book healed and freed me from the bulk of my SHAME. I pray it helps you in your healing too.

Great great book, has amazing techniques but I had to stop reading because I was beginning to be

triggered and remembering past sexual assault, but that could be part of the healing process for some.

A well-written book and an excellent read. We also bought the audio book.

This book was very informative regarding trauma and shame. I will recommend to clinicians and clients. Tara Myers, MS, LPC/DBT Therapist Center for Evidence Based Treatment Orange County, CA

I have read countless books, undergone a wide range of therapies, struggled on and on for years on end with a deep seated, debilitating sense of shame about who I am and the single most useful, and healing, discovery I have had has been the practice of self-compassion. Reading this book made me feel understood in a way I had never known before. But even more valuable than this, the contents of this book showed me how I could give myself the understanding, acceptance and love I so deeply needed and longed for. This has transformed how I see myself, how I treat myself (and others) and how I live my life. For this I am eternally grateful.

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