

The Dangerous Story We Tell Ourselves After Trauma

#traumahealing

#thebodykeepsthescore #shorts

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QC7TKL3JRGA](https://www.youtube.com/watch?v=QC7TKL3JRGA)
<https://www.youtube.com/watch?v=Qc7tKl3jRGA>

SUMMARY

Therapy often involves unpacking feelings of self-blame and self-hatred, which can lead individuals to perceive themselves as "damaged goods." A crucial step in healing is articulating these negative self-perceptions, allowing individuals to recognize and challenge their internal narratives. Finding a supportive therapist who helps clients navigate their feelings without imposing their own values is essential for fostering self-compassion.

- Self-blame and self-hatred can stem from childhood experiences.*
- Individuals may internalize a belief that they are "bad" or "damaged."*
- Articulating negative self-perceptions is key to understanding and overcoming them.*
- Recognizing harmful patterns, such as seeking out negative environments, is important for healing.*
- A therapist's role is to help clients find their own words and narratives.*
- It's essential to practice kindness and generosity towards oneself.*
- Therapists should avoid imposing their own value systems on clients.*

therapy is about is that, let me see what happened to this kid and then you get in this whole issue of self-blame and self-hatred and feeling this must have happened to me because I was a bad person and people treated me like a bad person anyway. So, you get this very deep sense of being damaged goods and being wrong. But, the very important way of getting out of that is to really hear yourself say it and to find these words and find the words you have for yourself and go like, "Wow, oh that's how I think about myself. I think myself is this piece of that's good for nothing.

Oh, that's why I kept going to that bar where people did terrible things to me because I really don't have a sense that I deserve anything better. Huh, interesting. I didn't know that about myself." So, words are still important and finding somebody who helps you to find words as cautiously as they can without inflicting too much of their own value system on you is quite important. But, our value systems come in there anyway. It's important to be kind and generous not only with other people but with yourself.