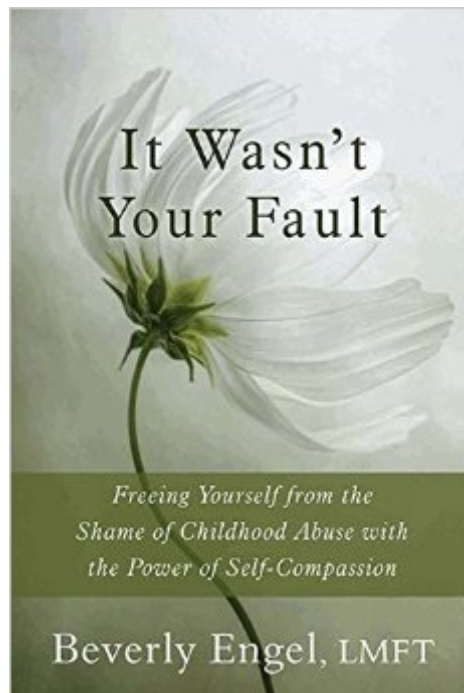


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# It Wasn't Your Fault: Freeing Yourself From The Shame Of Childhood Abuse With The Power Of Self-Compassion



## 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

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.

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!

This is my first-ever review for . I couldn't wait and purchased "It Wasn't Your Fault" from my local bookstore. I've spent years trying to understand and heal from a mentally ill and emotionally abusive mother and an alcoholic bullying father. I'd figured out that shame was the core issue in our family, but now I have a powerful tool to help me recover. Thank you, Beverly. "Healing Your Emotional Self" helped me understand that I was abused. "It Wasn't Your Fault" is helping me heal. I'm 65 years old. It's never too late.

It Wasn't Your Fault is a respectful and practical guide that helps those who've experienced any type of childhood abuse. Beverly Engel has a fact based, compassionate awareness of the ongoing struggles that abuse survivors face and her exercises put the power back in the survivors hands. I've recommended this book (and other books by Beverly) to fellow survivors because I've experienced profound changes in my own life because of her work.

Having read a number of Beverly's books, I can confidently say they have changed the course of my life. I grew up in a house where emotional abuse was the norm, and I then entered a highly emotionally and, on occasion, physically abusive relationship as an adult. Beverly's work on healing shame through self-compassion has enabled me to create a life today that is filled with joy and love every day. One of the things that sets Beverly's work apart from many others in the field is the compassionate view she takes. As a reader, you will be fully supported while being gently nudged out of your comfort zone so that you can create powerful change in your life. I can't recommend this

book highly enough!

Over time, I read a lot about two challenging emotions: fear and anger. Recently, I discovered an emotion that I was unfamiliar with. This emotion is called shame. Every now and then I find a book that has a lot of aha moments in it and the following book is about shame. According to the author shame is behind my habit of self-loathing. This book is called, *It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion* by Beverly Engel LMFT (Jan 2, 2015). According to the review at , "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."

- Part I-The Shame / Compassion Connection
- Part II-The Compassion Core Program
- Part III-Practicing the Five Aspects of Self-Compassion

Self-understanding  
Self-forgiveness  
Self-acceptance  
Self-kindness  
Self-encouragement

Although painful for me to read, this book is validating and healing. Working with self-compassion is helping me heal from a very difficult childhood.

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.

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*Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame*  
*Conquering Shame and Codependency: 8 Steps to Freeing the True You*  
*Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!*  
*Self control, ... Self-Confidence, Self-esteem, Organizing)*  
*Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)*  
*Self-Compassion: The Proven Power of Being*

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