Exercise Professional Version | US English

Before I Blame Myself And Feel Guilty



PSYCHOLOGY**TO®LS**®

Description

Survivors of trauma often feel inappropriate guilt or shame about things they did or did not do. The psychologist Edward Kubany and colleagues have noted that survivors of trauma often distort their roles in their trauma in characteristic ways, with the result that they feel inappropriate guilt. They identify four kinds of distortion:

- 1. Exaggerating the degree to which they were responsible for causing trauma-related outcomes.
- 2. Believing that their actions were less justified than an unbiased observer would believe to be the case.
- 3. Concluding that they were guilty of wrongdoing even if their actions were consistent with their values.
- 4. Concluding that they 'knew' an event would happen before it was possible to 'know'.

Instructions

Before I Blame Myself And Feel Guilty is a checklist detailing the cognitive distortions which result in posttraumatic guilt. It can be used to identify troublesome cognitions held by traumatized clients, or to guide a conversation around post-traumatic guilt.

References

Kubany, E. S., & Manke, F. P. (1995). Cognitive therapy for trauma-related guilt: Conceptual bases and treatment outlines. *Cognitive and Behavioral Practice*, 2, 23-61.

Kubany, E. S., & Ralston, T. C. (1998). Cognitive therapy for trauma-related guilt. *Cognitive-Behavioral Therapies for Trauma*, 124-161.

Kubany, E. S., & Ralston, T. (2008). *Treating PTSD in battered women: A step-by-step manual for therapists and counsellors*. New Harbinger Publications.

Before I Blame Myself And Feel Guilty

Survivors of trauma often feel inappropriate guilt or shame about things they did or did not do. Before you blame yourself for what happened to you read about the thinking errors that victims of trauma commonly make. Tick if any apply to you. If any are familiar then it may be necessary to adjust your thinking.

Hindsight bias

Hindsight bias is an illusion where knowing the outcome distorts what we think we knew at the time. Survivors of trauma often falsely believe that they knew the event would happen, or that they overlooked events which 'signaled' what would happen. They then falsely conclude that they caused the events to happen.



Exaggerating my role in events

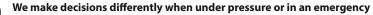
Every event has many contributing factors but we have a tendency to magnify our own role. Consider the victim of abuse who blames herself for not disclosing the abuse. Other factors she is failing to consider include: caregivers for failing to protect her, systems around her for failing to notice what was happening, police for failing to catch a criminal, and most importantly the perpetrator for choosing to abuse.

I could have prevented it ≠ I caused it

Just because you could have prevented the outcome does not mean you caused it. Jane thinks to herself "If only I had caught a taxi instead of walking I would not have been attacked". She is making the mistake of ignoring the attacker's intentions and, ultimately, his responsibility.

Assuming that because I was accountable I had the power to alter the outcome

Some trauma survivors make the mistake of thinking that because they were accountable - perhaps because they had a role as parent, or as a person-in-charge - that they had the power to prevent the terrible outcome. Saying "It was my job, I was supposed to look after them" ignores what was actually foreseeable and possible.



Survivors of trauma often feel guilty about the way they reacted at the time. They might say "Why did I freeze?" or "Why didn't I tell?". Our thinking changes when we are threatened. Options that may seem obvious to us when we are relaxed may not even come to mind when we are under pressure. We are hard-wired to respond automatically at times of trauma in a number of stereotypical ways (typically: freeze, appease, flight or fight).

What options was I aware of at the time?

It is common to look back and 'postmortem' our behavior. Have you ever replayed a conversation in your mind and thought "Why didn't l just say that?". This is unfair - we can only act based on what we think of at the time. What options were you aware of at the time?

Am I comparing what I did to some fantasy / ideal standard?

Is it possible that you are holding yourself to an unreasonable standard? Are you expecting more than was possible? After a trauma some people say "I should have done something, I don't know what it was, but I should have". A more reasonable standard to live up to is to ask yourself "What would I expect from a friend if they went through a similar situation?".



Am I only focusing on the good things that might have happened had I chosen a different option?

It is common to engage in 'counterfactual thinking' - thinking about what might have happened if events had played out differently. Often we imagine having acted differently and then concentrate on a happy outcome. This ignores the possibility - equally likely - that acting differently could have had worse outcomes. Jane felt guilty when she thought "What if I had just tried to run?" but this ignores the possibility that her attacker would have hurt her more.

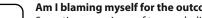
Am I ignoring the benefits of the option I did choose?

Similar to focusing on the good outcomes of a different action, ignoring the benefits of the option you did choose means that you are likely to view the situation in a biased way, and to feel inappropriately guilty. Consider: what were the benefits of the path you chose? Were there options you could have chosen that would have resulted in worse outcomes?



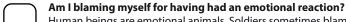
Am I saving that I should have acted on a 'hunch' or a 'gut feeling'?

We normally act based on the evidence before us. If we all acted on hunches then we would constantly be acting oddly. Just because a low probability event was predicted by a hunch is not evidence that one should act on hunches. If the best you had to go on was a hunch, then you can't be blamed for the way you acted.



Am I blaming myself for the outcome and ignoring what my intentions were?

Sometimes survivors of trauma believe that they are guilty of doing something wrong not because of their behavior, but simply because the outcome was terrible (and unforeseeable). An example might be thinking "I must be to blame because someone died" and ignoring the fact that the outcome was not your intention.



Human beings are emotional animals. Soldiers sometimes blame themselves for feeling fear, even though this is a normal automatic emotional reaction to danger. Some victims of sexual trauma experience sexual arousal during their abuse and then feel that somehow they must have invited it. However, sexual arousal is in large part an involuntary reaction - it does not mean that the action causing it was invited.



Paul

Am I ignoring the fact that when all choices are bad, choosing the 'least bad' option is a moral choice?

Many victims of trauma are faced with an array of options, all of which lead to bad outcomes. Victims of abuse are likely to suffer negative consequences whether they fight back or not, or whether they disclose or not. Soldiers are often in a 'kill or be killed' situation. In these circumstances choosing the 'least worst' option is highly moral.

Am I confusing a feeling with evidence?

Just because you feel guilty does not make it so, but emotions often give a feeling of truth or untruth to an idea. An analogy might be the fact that feeling as though your lottery ticket is a winner sadly doesn't make it happen.

PSYCHOLOGY**TO@LS**

About us

Psychology Tools develops and publishes evidence-based psychotherapy resources. We support mental health professionals to deliver effective therapy, whatever their theoretical orientation or level of experience.

Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skillsdevelopment resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



Resource details

Title: Before I Blame Myself And Feel Guilty Type: Exercise Language: English (US) Translated title: Before I Blame Myself And Feel Guilty URL: https://www.psychologytools.com/resource/before-i-blame-myself-andfeel-guilty Resource format: Professional Version: 20230721 Last updated by: JP

Terms & conditions

This resource may be used by licensed members of Psychology Tools and their clients. Resources must be used in accordance with our terms and conditions which can be found at: https://www.psychologytools.com/terms-and-conditions/

Disclaimer

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources. We make no warranties that this information is correct, complete, reliable or suitable for any purpose. As a professional user, you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore the resources should be used to support good practice, not to replace it.

Copyright

Unless otherwise stated, this resource is Copyright © 2023 Psychology Tools Limited. All rights reserved.