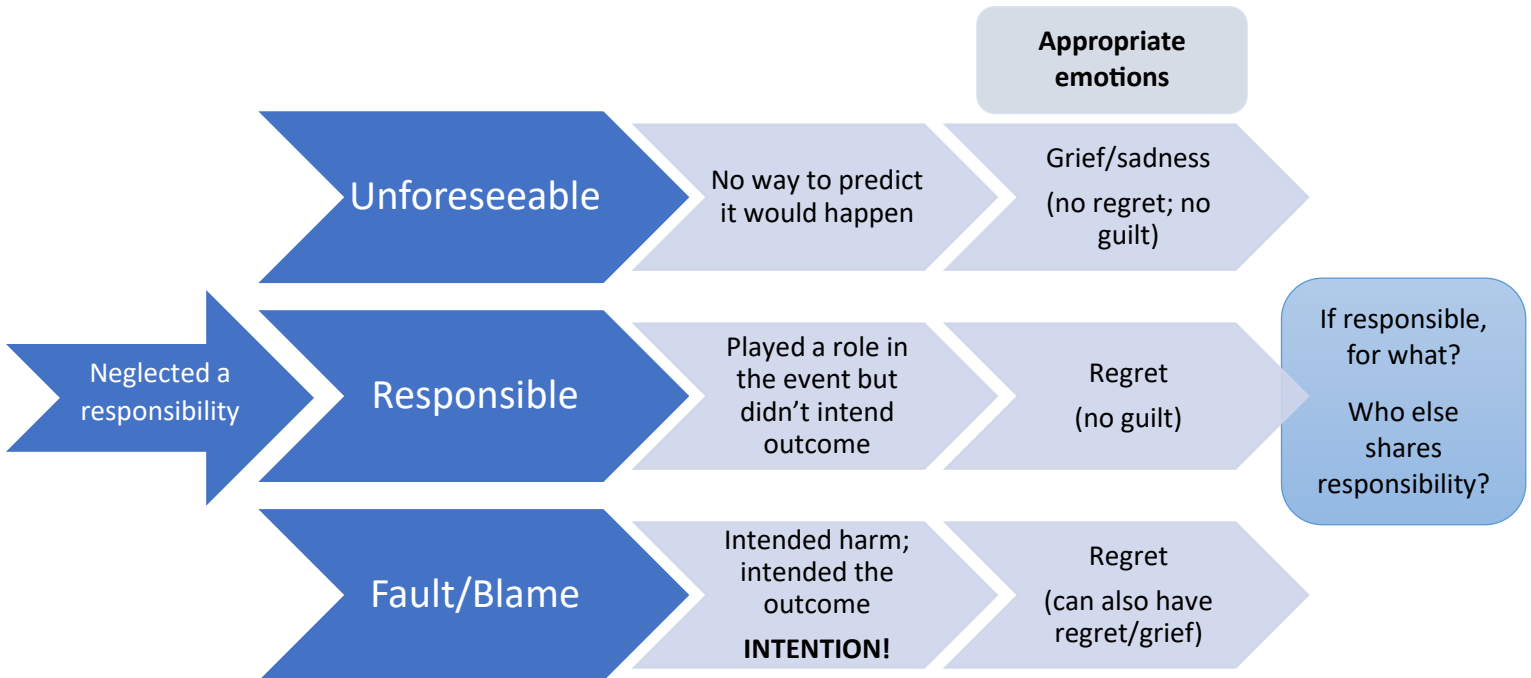


Your Role in The Traumatic Event: What are the Facts?

The Guilt and Responsibility Module from the Cognitive Processing Therapy for PTSD: A Comprehensive Manual – Notes by Lindsay Bira, Ph.D.



Bothersome Thoughts

"I should have ___"

"If I would have ___ the bad things woudn't have happened"

"It's my fault"

Healthy Questions

Why didn't I?
What else was going on?
What was the info I had then?

How do I know this?
What other factors were involved?
What else could have happened?

So, I intended the harm?
What was my intention?
Who, if anyone, intended the harm?