

Overcoming Self-Loathing and Inner Trauma

Compiled by Laura M. Brotherson, LMFT, CST – The Marital Intimacy Institute (Mar 2021)

The following are some self-help resources to help in healing feelings of self-loathing as you process what's going on inside you and learn to forgive yourself and have greater compassion for yourself.

- **ARTICLE** – [Self-Loathing](#)
- **BOOK** – [Conquer Your Critical Inner Voice: A Revolutionary Program to Counter Negative Thoughts and Live Free from Imagined Limitations](#) – Jun 2002 by Robert W. Firestone
- **BOOK** – [Overcoming the Destructive Inner Voice: True Stories of Therapy and Transformation](#) – Dec 2016 by Robert W. Firestone
- **ARTICLE** - [The Cure for Self-Loathing? Self-Forgiveness](#)
- **ARTICLE** - [How to Turn Self-Hatred into Self-Compassion](#)
- **BOOK** - [Self-Compassion: The Proven Power of Being Kind to Yourself](#) – Jun 2015 by Dr. Kristin Neff
- **ARTICLE** - [7 Ways to Shut the Door on Self-Hatred](#)
- **BOOK** - [Expressive Writing: Words that Heal](#) by James Pennebaker and John Evans
- **BOOK** - [Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives](#) by Louise Desalvo
- **BOOK** - [The Power of Your Other Hand: Unlock Creativity and Inner Wisdom Through the Right Side of Your Brain](#) by Lucia Capacchione

