



Sentirsi in colpa (Farsi un'idea) (Italian Edition)

Paola Di Blasio, Roberta Vitali

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Pur essendo un'emozione dolorosa, il senso di colpa è fondamentale nell'apprendimento delle regole sociali e nell'acquisizione del senso di responsabilità. Ci si sente in colpa perché si capisce che il disagio e la sofferenza altrui dipendono dal nostro comportamento e, quindi, si prova il bisogno di riparare. In questo modo, la colpa ha una funzione adattiva e costruttiva nelle relazioni sociali. Ci sono tuttavia casi in cui esperienze traumatiche o carenze affettive danno origine a vere e proprie patologie della colpa, che impediscono alla persona di interagire adeguatamente con gli altri. Questo libro ci rivela i meccanismi che si nascondono dietro a questa emozione sociale, ci dice come nasce e come si manifesta, sia nelle situazioni più comuni sia nelle situazioni estreme, quelle in cui paradossalmente è la vittima a sentirsi in colpa, come nel caso degli abusi sessuali o dei sopravvissuti a una tragedia.

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