

**ACT IT OUT: 25 ACTING EXERCISES TO HEAL FROM
CHILDHOOD ABUSE**

Annette Mahood

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Like a poison, toxic shame needs to be neutralized by another substance—an antidote—if the patient is to be saved. Leave this field blank. May not ship to Germany - Read item description or contact seller for shipping options.

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I never told them why I begged them to get me until I blurted it all out to mom a couple years later. To try to sort out these competing hypotheses, we conducted studies of analogous early stress in animals, where the potentially confusing elements can be carefully controlled. She'd spent a lifetime ignoring any of my straight A accomplishments while praising everything my brother touched, regardless of him failing school, even going against my privacy in order to sneak him something of mine he wanted while I was asleep.

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I've always been emotionally numb, I find it hard to feel anything for other people's problems. I believe that as a result, I became addicted to porn, and felt rejected if anyone that I was in a relationship with later was not interested at that time, as I learned to equate sex with acceptance and felt the need to please others more than myself.

