

SEVERE TRAUMA & STRESS RECOVERY WORKSHOPS

8. BLOCKS TO DISCLOSING

Gender of worker	guilt	shame
Not being believed	poor basic personal skills	
Fear of consequences	fear of rejection	
Loss of control	rank/perceived status of worker	
Special needs disability	inarticulation	denial
Feeling unsafe	non-recognition	
Feeling dirty, damaged goods and not wanting to infect/affect worker		
Not wanting to be seen in poor light by worker	embarrassment	
Religious beliefs	reaction of worker unsure	
Previous poor experiences when disclosing		
Fear of being judged	cultural	
Fear of being seen as weak/different/abnormal		
Not trusting the environment (answerphone for messages, paper thin walls, too many windows, etc.)		
Believing the worker's knowledge of the subject is insufficient		
Feeling the worker has undeclared secrets of their own, in the same territory		