

Abstract

The background to this study involved personal experience of self-disgust. Explored in therapy, links between relational-developmental experiences and self-disgust emerged. The motivation was both personal and professional, with the wider aim of gaining an understanding of how self-disgust and why is experienced to aid Psychotherapists working with the presentation. The research involved examining the experience of self-disgust using qualitative Heuristics. Five semi-structured interviews were conducted and Heuristic process to analyse data was followed. The study concluded with the experience of self-disgust presented in five themes. Findings showed that self-disgust was an embodied feeling state with connection to other feelings such as depression, anger and shame, self-disgust objects included appearance and behaviour, self-disgust origins were found in relational-developmental experiences, and management of self-disgust was both harmful and helpful. The research concluded with a discussion of findings and the theoretical significance to the field of Psychotherapy.