

Abstract:

Many researches deal with a wide range of cause of anxiety disorders, which may include various untreated traumas, physiological causes, cognitive distortion or learned reactions. Anxiety disorders tend to create so-called the vicious circle of stress and anxiety that closes the patients, leads them to social isolation and gradual loss of life certainty. Anxiety disorders are among the most common mental illness. Major types are introduced in the thesis and they are connected with the concepts of self-compassion, shame-proneness and guilt-proneness, which have been studied abroad in recent years.

The research part then brings the results of the role of self-compassion, shame-proneness and guilt-proneness in experiencing clinical anxiety, confirming the assumption that patients suffering from anxiety show a significantly lower level of self-compassion, a higher shame-proneness and internalized shame. Guilt-proneness does not show a relation with self-compassion. Details are discussed.

Key words:

anxiety

self-compassion

shame

internalized shame

guilt