Abstract

This diploma thesis deals with the topics of self-compassion, emotion regulation, and alcohol addiction. The main goal of the thesis is to analyze the connections among self-compassion, emotion regulation, alcohol addiction, and internalized shame. The empirical part of the thesis has the character of quantitative research. Data collection methods are scales measuring self-compassion, difficulties in emotion regulation, disorders caused by alcohol use, and internalized shame. From the analysis of data collected from 190 respondents, it was found that the level of difficulties in emotion regulation fully mediates the relationship between the level of self-compassion and the level of disorders caused by alcohol use. Furthermore, a statistically significant difference was found in the level of self-compassion, difficulties in regulating emotions, and internalized shame between the groups of short-term and long-term abstinent alcohol addicts. The analysis of the data also shows a statistically significant correlation between the level of self-compassion and the level of internalized shame, between the level of self-compassion and the level of difficulty in regulating emotions, and the level of internalized shame and the level of difficulty in regulating emotions. The level of internalized shame in the group of short-term abstainers was statistically significantly different from this level in the examined group of healthy individuals. This thesis points to the usefulness of the practice of self-compassion, mindfulness, developing emotion regulation, and working with internalized shame in the therapy of alcohol use disorders.

Key words:

alcohol addiction, emotion regulation, internalized shame, mindfulness, self-compassion