

SHAME

<u>Guilt</u>	"I made a mistake." } "I did a bad thing." } "My behavior was wrong." }	Exists in a system of accountability, learning, growth, deepening of values.
<u>Shame</u>	"I'm a mistake." } "I'm bad." } "I'm wrong." }	Exists in a system of perfectionism and leads to expectation of rejection, rigidity, isolation, despair.

Signals that shame exists:

1. Grandiosity of self-righteousness
2. Loneliness - isolation
3. Overcontrol of self and others <-----> chaos
4. Power struggles as to who is right or wrong
5. Threats and fears of rejection
6. People pleasing
7. Overprotectiveness
8. All or nothing thinking
9. Extreme mood swings
10. Aggressive or abusive behavior
11. Sexual problems
12. Fears of intimacy
13. Addictive
14. Depressed
15. Generally don't feel good about self

Two Sources of Shame

1. Inherited generational shame
 - family secrets
 - "Don't talk about the past."
 - trauma happens to family/community before you were born
2. External shame
 - trauma against you
 - physical , sexual, emotional and/or intellectual boundaries are violated

(2)

Seven rules to qualify to be in a shame-based system

1. Do the right thing.
2. If it doesn't happen as you want or plan, **BLAME** someone (self and/or other).
3. Be in control of all interactions.

Use what works: abuse

intimidation
weakness
seduction
change the subject
be helpful

4. Don't talk about it; i.e., abuse, addiction, emotional pain.
5. Don't expect accountability or consistency.
6. Don't acknowledge feelings.
7. Deny, deny, deny.

Journey out of Shame

1. Stop the primary behavior(s) which undermines dignity or perpetuated the shame.
2. Face the shame -- How did you learn to be so shameful?
3. Define the source(s) of the shame.
What is your loyalty or attachment to the shame?
4. Translate the shame into pain.
5. Get pain out and **express it** -- share it with those you trust and in a safe, supportive environment.
6. Learn the difference between anger and abuse.
7. Move from shame to guilt.
8. Identify and end using any remaining defensive, controlling, manipulative, destructive behaviors that preserve shame.
9. Choose to be vulnerable and learn to use discretion.
10. To be heard and understood and to know that you are heard and understood.
11. Listen and learn to trust your "gut".
12. To learn to be in charge as to how/when you want to be touched.
13. Internal affirmations
List own strengths, qualities.
Perceiving yourself and your situation realistically.
14. Try to find ways to feel proud.