

Bradshaw

Coined the term toxic shame

Being mirrored by one non-shaming person makes all the difference

Donald Nathanson

The compass of shame.

Four universal behaviors to defend against shame. The idea that when avoiding shame you are bigger than or less than others. Says, to learn from our shame and "Just love yourself."

Karen Horney

Four major attempts of the neurotic individual to come to solution

Gershen Kaufman

Find the entrances to governing scenes. Whenever we are able to observe upon our experience, we immediately detach from it.

Mark Epstein, Pema Chodron, Kevin Griffin

Abiding difficult emotions to observe and learn . Idea of PRACTICE and Right View being wise or attuned. Led to Present with Self and Present with Others and Wise-Self

Thomas Scheff/Helen Lewis Block

Disrupts bond

Humiliated fury.

Acknowledge shame then connection to others restored.

Show deference to others.

What does acknowledged shame look like? What is attunement? Shame-anger spirals.

Silvan Tomkins

Emotions are motivators.

Affect theory: Scripts are begun as soon as we are born.

Virginia Satir

Four coping stances: Placating, Blame, Being Super-Reasonable, Being Irrelevant

Tony Webb

The social aspects of the compass of shame -- aggression, depression, isolation, and addiction.

Alienation and aggression broader social results from avoiding shame. 'Good' shame as humility.

Brene Brown

Empathy opposite of shame; judge in areas most vulnerable to shame; judging numbs-easier than loss/grief; pre-frontal cortex off in shame. Perfectionism.

Governing Scenes

Gershen Kaufman

- Building blocks of self and personality
- Scenes fused with shame = sense of self is called into question

Addictions/Dysfunction vrs Healthier Folks

Negative Identity Scripts

- Disown self
- Disavow
- Fragment
- Rage; contempt: self & others
- Shame: Unresolved, chronic, toxic, unaware; avoided with reactive habits; unknown in body, thought, feelings

Positive Identity Scripts

- Own Part in Scheme of Things
- Embrace self
- Integrate
- Shame: Acknowledged; observed; known in body, thought, feelings

Constellations of Possible Escape

Defensive Scripts for Unresolved Shame

Behavior

or Emotion

Thinking



Physical & Verbal Aggression

Invalidate Others

Hostility

Disconnect

Addiction/Denial/Avoidance

Hide from Self

Isolation and Apathy

Hide from Others

Invalidate Self

Self-Abnegation & Self Hate

Invalidate Self

Less Than: Enemy is Within

- Devalues Self: Differences = Deficiencies
- Self Splits: Punishing judge vrs offender
- Denounces and rejects self
- Does not maintain dignity of self
- "A taste for suffering" = Poor me

Invalidate Other

Bigger Than: Boundary of Self & World

- Belittle
- Power over
- In control
- Right

Hide from Self

Bigger Than

- Distract ourselves from facing defects
- Manipulate and deceive in our interactions
- Dishonest with ourselves
- Denial

Hide from Others

Less Than

- Escapes and hides (quality of life is lessened)
- Does not communicate
- Does not seek help
- Has shut 'self' in --- wears mask

Karen Horney refers to

- Moving Against
- Moving Away
- Moving Toward
- Idealized Image



Placating

Blaming



Being Super
Reasonable



Being
Irrelevant



Behavior
r Emotion
Thinking



Quiz on COPE

Constellations of Possible Escape

Bigger or more than, smaller or less than the size you really are?

When we experience our own shame, we believe that someone has seen us as we really are --- human and imperfect. When you can feel your own shame, you know that you are not a god or goddess.....it helps you speak with humility. ***It keeps you the size you really are.***

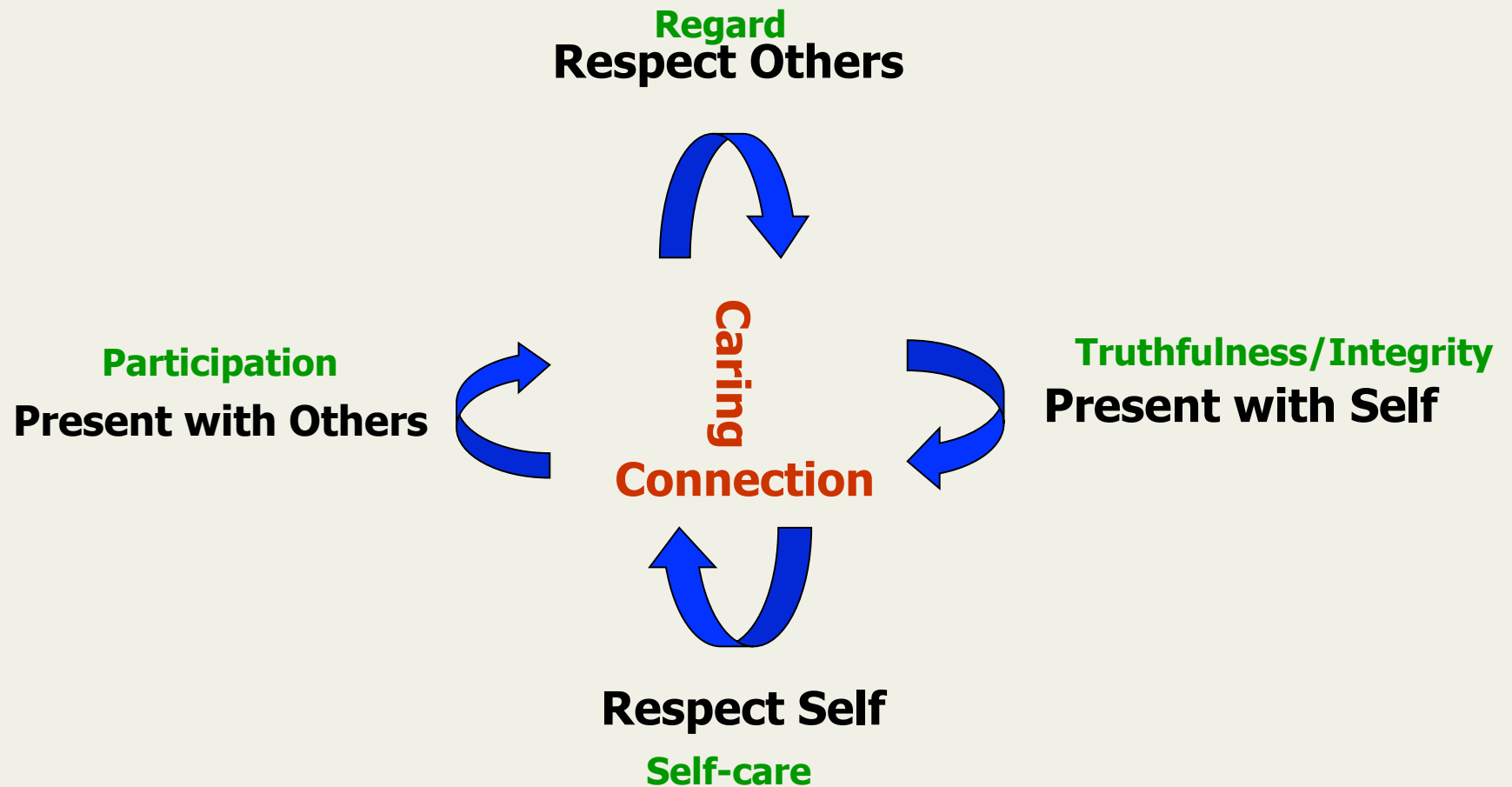
Pia Mellody

“The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect, and Lasting Love”

Acknowledged Shame

Acknowledging our shame means we see ourselves as “right-sized”, (which leads us to being our Wise-Self) not bigger or more than, not smaller or less than others.

Four ways to be Your Wise-Self



Respect Other

Social Aspect: Regard

- We let go of power and control and 'meet' the other where they are
- We are willing to be open to others' views and situations

Respect Self

Social Aspect: Vitality

- We treat ourselves with value
- We are aware of our own power and worth and use them wisely

Present with Self

Social Aspect: Integrity

- We engage in realistic self-examination to maintain authenticity
- Our interactions are forthright

Present with Others

Social Aspect: Participation

- We risk exposure and connection
- We believe that our involvement has merit

Matching Quiz on Four Ways to Be Your Wise-Self

A Really Good Shame-Buster

“[Repeated opportunity to] see ourselves mirrored and echoed in eyes of one non-shaming person.”

Bradshaw

p. 242 Karen Horney

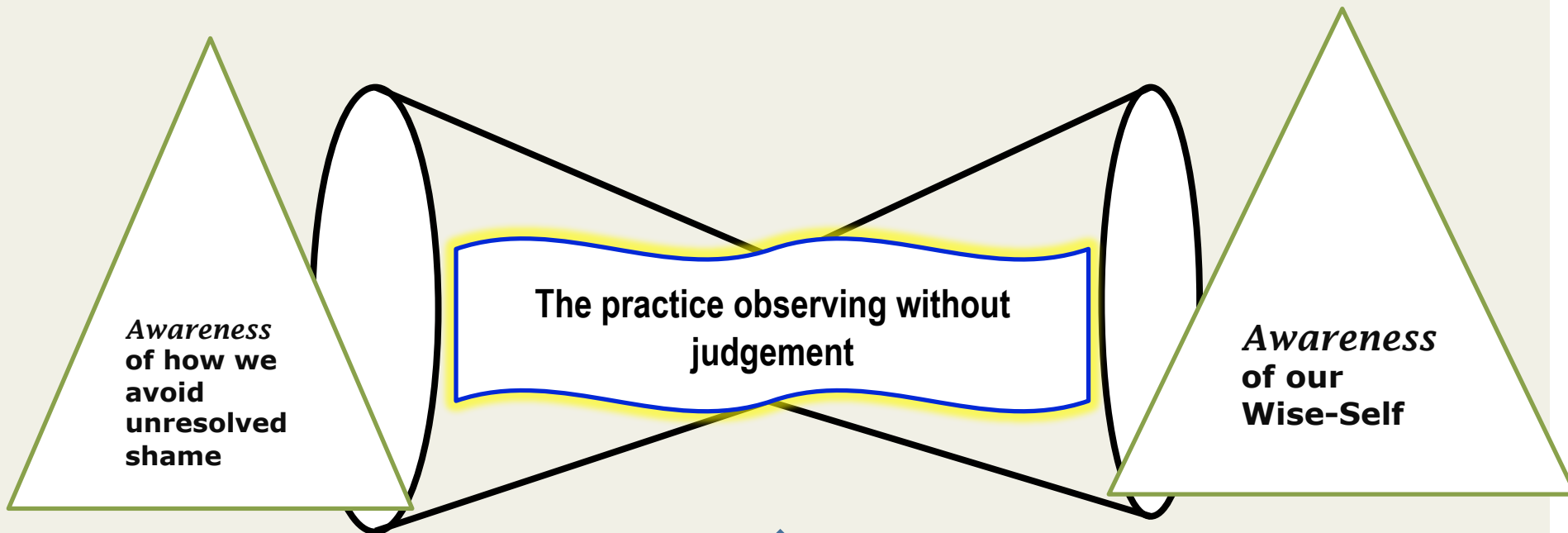
Our Inner Conflicts

“The most comprehensive formulation of therapeutic goals is the striving for ~~wholeheartedness~~ WHOLESOME(ness): to be without pretense, to be emotionally sincere, to be able to put the whole of oneself into one’s feelings, one’s work, one’s beliefs.

“Whenever we are able to observe upon our experience, we immediately detach from it.”

Kaufman

p. 81 “Dynamics of Power: Fighting Shame & Building Self-Esteem”



*Awareness
of how we
avoid
unresolved
shame*

**The practice observing without
judgement**

*Awareness
of our
Wise-Self*

PRACTICE

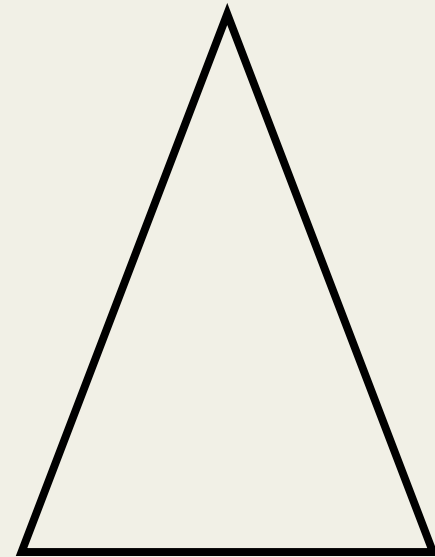
Tool #1

- Increase awareness of shame triggers
- Increase awareness of when defenses against shame are used, thus increasing shame awareness

Tool #2

Teach the “Awareness Triangle”

- Body Awareness
- Thinking Awareness
- Feeling Identification



Tool #3

- Increase tolerance for negative affect; practice riding out feeling emotionally uncomfortable
 - Emotional strengthening
 - Develop self-observation

Tool #4 Shame Breaking Statements

(Richard Pfeiffer, Real Solutions)**

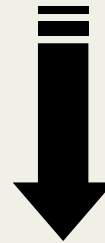
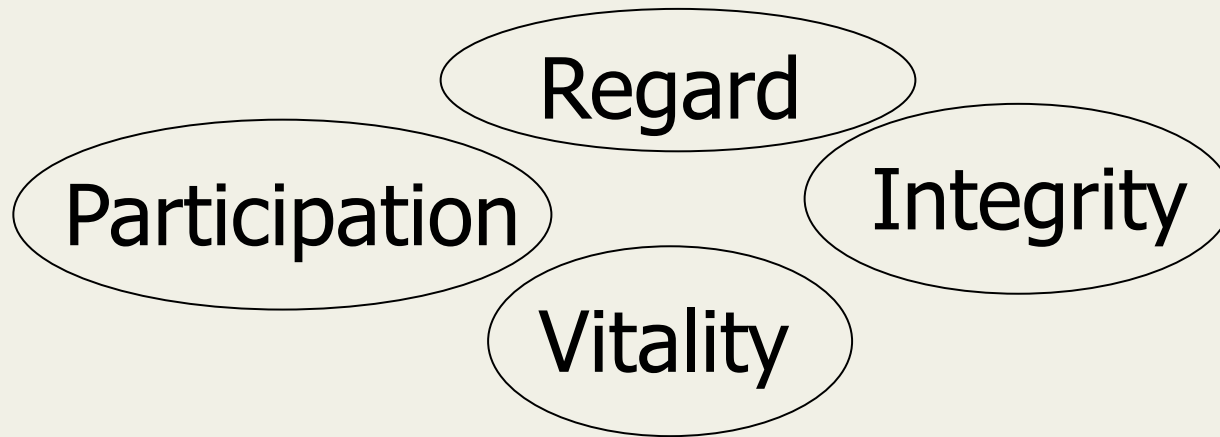
1. Whatever happens to me is for me
2. I choose reconciliation and forgiveness; I let go of the need for revenge.
3. I let go and go on.
4. I see life as a process, ever unfolding.
5. I allow others to say No to me and take it as information.
(David Richo, *How to Be An Adult in Relationship*)

Tool #5

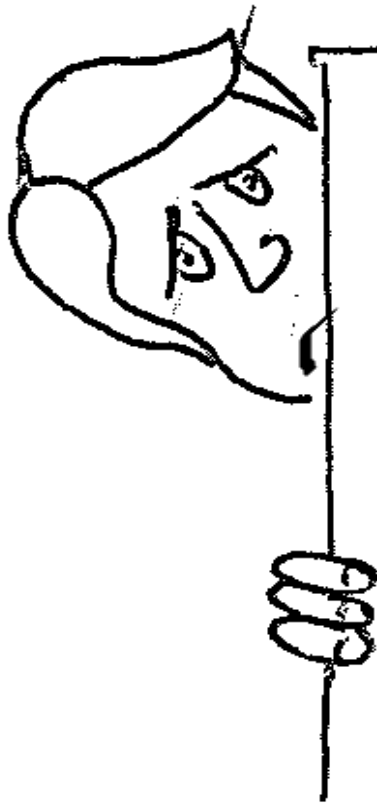
Increase enjoyment and interest
(positive affect)

Don't you remember on earth? There were things too hot to touch with your finger, but you could drink them. Shame is like that. If you will accept it --- if you will drink the cup to the bottom --- you will find it very nourishing: but try to do anything else with it and it will scald.

C.S. Lewis
"The Great Divorce"
p. 61 and 62



Restorative Relationships



S H A M E
Should Have Already Mastered
Everything

How Unresolved Shame Gets in the Way of Our Humanity
(And What To Do About It)

by Jane Pennington, M.A.

Illustrations by Charlie Lucker

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