

HEALING SHAME



Joy
Peace
Love
Anger
Sadness
Fear

HEALING SHAME

Good
Essence

Joy
Peace
Love

This is the essence of you.
A spiritual being manifested
on the planet looking for a
place to express itself.

Bad
Betrayal

Anger
Sadness
Fear

When you experience these
“distressing emotions” you
have bought into the
current drama and have
abandoned your truest self.

When searching for a core level blockage, I look for **inflammation** in what I call the big 5:

Emotions

Anger
Sadness
Fear

Emotions are characterised by their transient nature. When we feel them fully, they dissipate and we return to “normal”.

Moods

Shame
Guilt

Moods are emotions prolonged by fighting against them in an attempt to make them go away. Mood altering substances and activities dominate our culture.

Healing Shame

Shame

I feel bad about me.
I am fundamentally flawed.
This fault is unfixable.
It's not OK to be me.
I must hide.
I don't deserve anything.
I am unworthy.

Guilt

I did a bad thing.
I made a mistake.
The damage is permanent.
It's not OK.
I must try to fix it.

Fear and anxiety accompany shame and guilt because of the danger of being "found out".

How Shame Is Created

Shame creates an unrealistic measure of **self-worth**, since you create a point of separation between who you **think** you should be and...

....who you **feel** you actually are.

This creates the basis for shame since you feel unworthy of measuring up to the image perpetuated in the (fantasy) mind.

How Shame Is Created

Much of the shame we feel is created by carers wanting to affect our behaviour with comments such as:

“You ought to be ashamed of yourself.”

“You are stupid.”

“How dare you?!”

“How many times do I have to tell you?”

“Time to grow up!”

“You are ugly.”

“Who do you think you are?”

By far the most damaging aspect of shame is the desire to hide *(or at least keep secret)* the shameful words or deeds.

BUT...

Secrets perpetuate shame and...
...what you hide, you hold inside.
This takes effort.

We could spend hours on just how much energy this takes.

It makes you separate and disconnect.

The price is loneliness.

The Process of Healing Shame

1. GRIEVING

Shame is the emotion of sadness due to the belief that we are bad or wrong.
As an emotion, shame is an energy.
You need to express the sadness.

2. STOP PARTICIPATING

Calling yourself, stupid, dumb or no good is taking up where others left off.
You can and you must resist this urge to call yourself out before someone else does.

The Process of Healing Shame

3. CONNECT WITH YOUR ESSENCE

Without meditation, mindfulness, introspection or some other method of connecting with your source, shame will keep the upper hand. You need to find your forest and spend time in it.

4. FIND A GROUP

You need to find a home where you will not be judged. This will help you to stop judging others as well as yourself.

5. COME OUT OF HIDING

When you have found or created your group (4) speak your truth. Nothing you have ever done will be so freeing.

Assignments

<i>1</i>	Take a trip down memory lane and explore how shame was used in your family or school.
<i>2</i>	Explore your options as far as non judgmental people are concerned. <i>(who can you confide in and when)</i>
<i>3</i>	Commit to non-shaming communication with others.