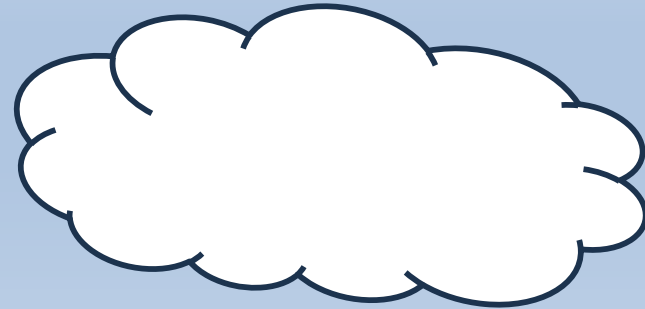
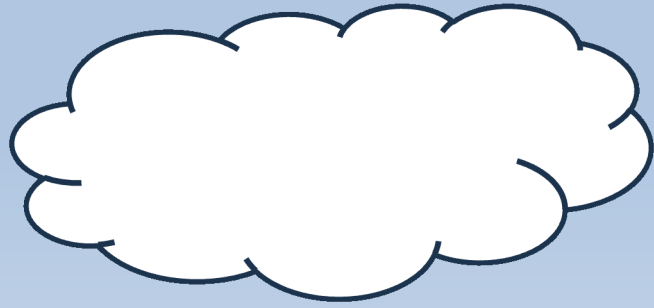




Transcending Shame

What is Shame

The belief that I am inherently worthless, that I am a bad person or that I am unworthy of love.

- If people knew me, they wouldn't accept me
- I need to hide so nobody can reject me
- I need to prove that I'm worthy

Shame VS Guilt

Guilt

- Remorse related to actions or behavior

Shame

- Remorse related to identity or self

Kinds of Shame

- Identity Based Shame - I am flawed
- Situational Shame - I embarrassed myself
- Relational Shame - They don't respect me
- Appearance Shame - I'm unattractive
- Performance Shame - I'm a loser / failure
- Sexual Shame - Sex is wrong / dirty
- Dependency Shame - I shouldn't need anyone
- Vulnerability Shame - Don't show anyone
- Inherited Shame - We don't talk about that

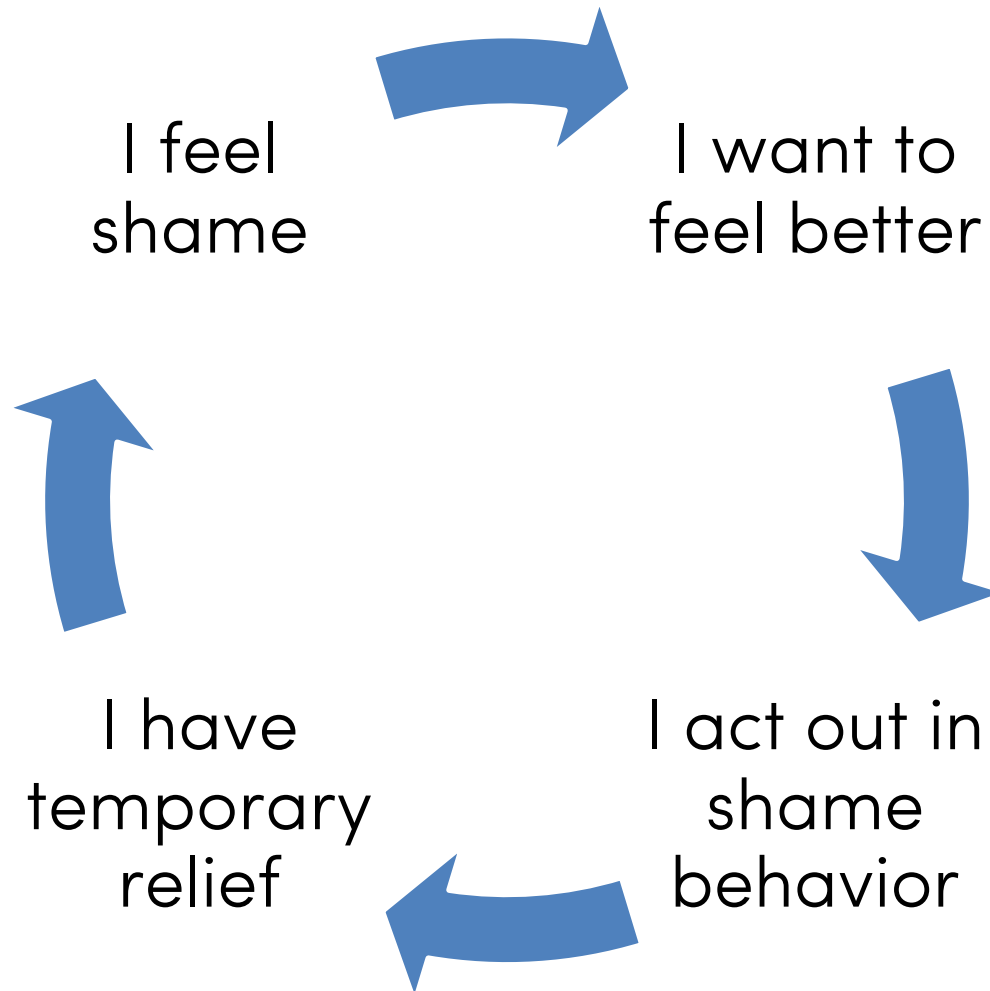
How Shame Manifests

- Obsession
 - Self loathing, self obsession, constant insecurity
- Compulsion
 - Shame based behavior, addiction
- Projection
 - Blaming, criticizing, judging

Shame Based Behaviors

- Self Abuse / Self Harm
- Drinking / Drug Use
- Compulsive Eating / Anorexia / Bulimia
- Compulsive Shopping / Spending
- Compulsive Gambling
- Compulsive Sexual Behavior
- Compulsive Attention Seeking
- Controlling Others / Situations
- Hiding / Isolating
- Perfectionism

The Shame Cycle



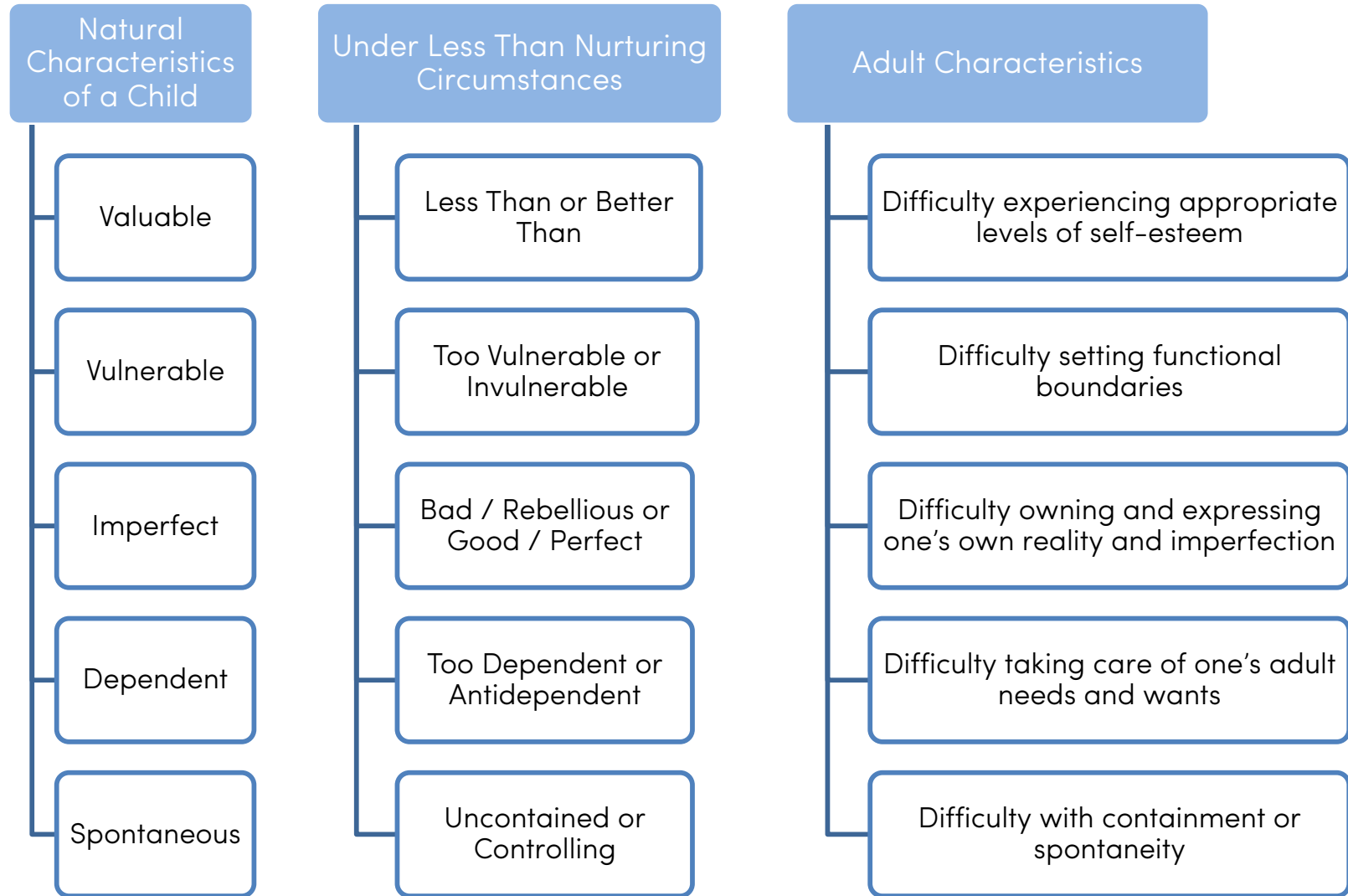
The seed is planted in childhood

Anything less than nurturing is
technically abuse

Less Than Nurturing

- Emotional Invalidation - dismissing feelings
- Humiliation - ridicule, criticism, comparison
- Conditional Love - withholding, earned love
- Boundary Violation - disrespecting
- Overcontrol - monitoring, restricting freedom
- Neglect - abandoning

Childhood to Adult



VALUE

SELF ESTEEM VS OTHER ESTEEM

SELF ESTEEM

- Comes from within
- Reinforces healthy choices
- Is not dependent other people or other things
- Is not related to performance or achievement

OTHER ESTEEM

- Comes from outside sources
- Seeks gratification
- Requires recognition, material or financial achievement
- Is dependent on achievement, circumstances or outcome

Outside Esteem

BEAUTY



FAME



LOVE

SEX





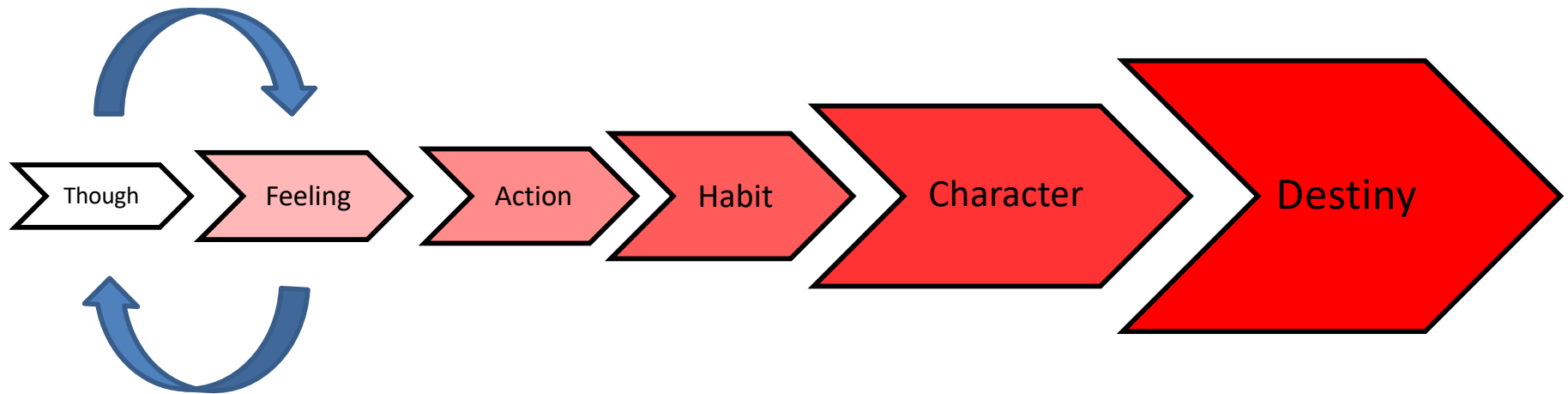
ACHIEVEMENT



STUFF



PATHWAY



- Thoughts - Affirming, higher power focused
- Actions - Healthy, self care, self love focused
- Habits - Creating a lifestyle that affirms self love
- Character - Knows worth, live authentically
- Destiny - unlimited

The Power Of Affirmations

- I am perfectly imperfect.
- I am a precious child of God.
- I am learning to love myself.
- I have unlimited potential.

Write down 5 things you love about yourself.

They cannot be related to what you do for other people or to anything you have achieved.
