

MAINSRING

WORKBOOK

INTERRUPTING
SHAME AND GUILT

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Jon Diggs, LPC is a Licensed Professional Counselor. He obtained a bachelor's degree in Psychology from Morehouse College and a Master's degree in Community Counseling from Argosy University.

He has over 10 years of experience working with individuals and families coping with grief, trauma, HIV/AIDS, chronic illness, depression, anxiety, self-esteem issues, high-conflict relationships and LGBTQ issues.

As a psychotherapist and clinical consultant, he leverages *Kindness* to help individuals, families and businesses find their Mainspring.





WHAT A LIBERATION
TO REALIZE THAT THE
'VOICE IN MY HEAD' IS NOT WHO I AM.

'WHO AM I, THEN?'
THE ONE WHO SEES THAT.

- ECKHART TOLLE



REMINDER:

**COMPLETE THE PREVIOUS
COURSE BEFORE
CONTINUING**

**"CREATE A KINDNESS
DEFINITION"**



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DID YOU CREATE
YOUR
DEFINITION?

VERY GOOD!

LET'S CONTINUE

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Kindness

Kindness is the experience or state of being generous or friendly. Kindness is neutral. It does not choose sides; therefore, it has no enemies or opponents. Kindness creates a welcoming space to be understood without rebuttal or debate.

The practice of kindness towards self creates a space for all of you to be welcome; even the unwanted parts that shame and guilt you. If we think about kindness this way, there is no right or wrong; good or bad. We are only left with your experiences of truth.

Because it's less about right or wrong, and more about understanding, we can conclude that two things can be true. Kindness removes the debate of which truth is "truer" than the other. "It is all true".

Shame and Guilt

When we encounter problems in life, we look to our environment to help us respond in a way that is socially acceptable. "What would my family say?" "What would my classmates say?" "What would my church say?" Often, those responses lead to solutions based in shame and guilt. **Shame** is feeling bad about who you are. **Guilt** is feeling bad about something you've done.

Shame and Guilt's job is to create unhelpful **core beliefs** that:

1. Create discomfort
2. Facilitate a process of control
3. Protection from being embarrassed, hurt or exposed

Shame/Guilt Statements

“I will be seen as a bad person if I respond that way”

“No one else feels this way, so it must be me”

“I’m unworthy”

The Problem with being Nice

Responding in a socially acceptable way looks like being nice.

Nice says, “If I really say how I feel, I will be seen as a _____

(bad) person.”

As a result, you do what will socially lead to **praise, validation and acceptance.**

The challenge with solving problems with *being nice* is that it leads to silencing your feelings and thoughts. Nice removes the space for all of you to be welcomed. When we are unwilling to hear from all parts of us, we abandon ourselves. This is known as the **internal betrayal.**

Substituting Nice with Kindness

What if you were able to interrupt the internal betrayal by creating a space to hear from all of you before making a decision?

What if you no longer needed the permission of shame and guilt to facilitate a sense of control or for protection?

The next pages will help you interrupt the pattern and change your relationship to shame and guilt by practicing kindness towards yourself.

"All of you is welcome"

THE PRACTICE OF KINDNESS TOWARDS SELF

Describe the problem?

My Kindness definition is:

How does the problem or behavior serve me?

Personify Kindness: What would Kindness say about how the problem or behavior serves me?



INTERRUPTING SHAME AND GUILT

I feel...

I want or I need...

I hope to manage it by (action step)...

You can support me by...



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EVEN THE
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