

Compass of Shame

These are
normal/ typical
responses to
shame.

ATTACK OTHERS:

- 'Turning the Tables'
- Blaming the Victim
- Lashing out verbally or physically

WITHDRAWAL:

- Isolating Oneself
- Running and hiding
- Distancing Oneself



ATTACK SELF:

- Self-Putdown
- Masochism
- Self-Doubt

Nathanson, 1992

AVOIDANCE:

- Denial
- Substance Abuse
- Distraction through thrill seeking

However, they are
harmful and need to
be addressed.