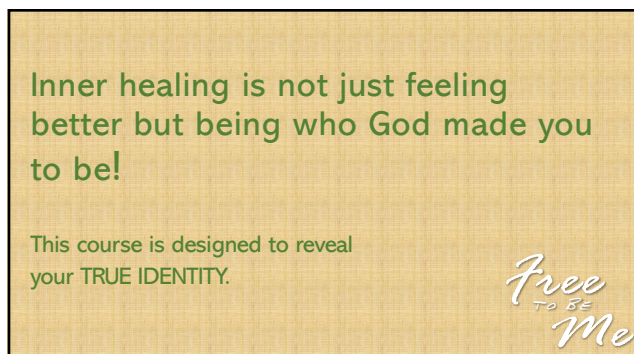


FREE TO BE ME
Session Two: Healing & Freedom from Early Life Shame

1/26/21



1



2



3

Homework: Did You Identify...

Baseline – spirit, soul, body

Attempts at coping with shame:

1. ESCAPISM:
2. PERFORMANCE
3. SUPPRESSION
4. SELF-HATRED

*Free
To BE
Me*

4

Whatever inner turmoil you're facing, shame is a driving, binding factor.

*Free
To BE
Me*

5

The Science of Shame...

- Shame resides in the base of the brain in the *amygdala*.
- In the amygdala, experiences/memories (tangible structures) are linked to emotions (chemical reactions) that *override rational thought and transcend language*.
- In other words, shame is highly emotional and resistant to logic. (child - nightmare) The emotions (pain) are REAL.

Other Examples:

"I'm ugly."

"I'm unworthy."

"It wasn't your fault your mother left."



*Free
To BE
Me*

6

The Science of Shame...

- The amygdala is fully formed at birth, meaning we develop feelings about our worth from the time we're born – and even in the womb, science suggests.
- God meant this for GOOD, so we could be born FEELING LOVED & BONDED! (Basic human need)
- Preverbal children store positive and negative memory-emotion connections.

(a) Daycare cigarette: "I'm not worth protecting."

(b) Homeless infant – hides food.

- We often get "stuck" emotionally at the age the pain (trauma).



*Free
TO BE
Me*

7

Feeling Mom's Soul...

The Prague Study:

220 children (now adults) whose moms were twice denied abortions for the same pregnancy, compared to "wanted" children. The overall findings suggest ... unwanted pregnancy entails [a significantly] increased risk for negative psychosocial development and mental well-being in adulthood. Unwanted babies sought mental health treatment (particularly in-patient treatment) far more than wanted children, even their [wanted] siblings.



8

Feeling Mom's Soul...

Our soul is directly affected by mom's soul (even doctors know this) ...

- Resents pregnancy vs excited.
- Resents gender vs grateful.
- Struggling financially vs secure.
- Sick vs feeling well.
- Abandoned by baby's father vs loving soul mate.
- Striving vs peace.
- Ashamed of pregnancy vs proud.
- Afraid of losing pregnancy (fearful) vs at ease.
- Loss of twin.



9



But I don't remember!

My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be, Psalm 139:15-16.

- God was there; He can reveal to us what we cannot know otherwise.
- Holy Spirit gives words of knowledge: 1 Corinthians 12:8
- Imagination vs Spirit-led realization.

10

Early Childhood Shame

Children tend to...

- Blame pain and loss on themselves.
- View parents/adults as 100% bad or 100% good; causes confusion.
- Tell no one of their pain and shame:
 - a. Instinctive to hide shame OR
 - b. When they do tell, they get in trouble/shamed or not taken seriously.
 - c. Kids don't know how to verbalize shame & emotions (key to teach kids).

Dana's Story...



11

Early Childhood Shame...

Potential sources:

- a. Unmet needs (can be harder to realize).
- b. Untimely family death.
- c. Moving / frequent moves.
- d. Punishment vs discipline.
- e. Divorce.
- f. Sexual abuse / verbal abuse.
- g. Bullying.
- h. Abandonment.



12

Early Life Experiences Form Emotional Baseline

- Oppressive (shame-based) state dating back to womb and early childhood feels normal (baseline); we don't recognize it (but we get hurt and overreact).
- Trauma **MUST** be healed! Does not go away with time or avoidance. Entire session coming soon!
- We don't even know what to call the shame-based feeling – and Satan wants to keep it that way!
- Laura: Finally able to summarize my emotional (shamed) baseline in one word:

UNWANTED



13

UNWANTED

1. Our shame-based, emotional baseline is always rooted in **FEAR** (Satan's puppet strings/sin).
2. Our shame-based, emotional baseline becomes our **IDENTITY** – and our constant filter.
3. That identity will last a lifetime unless we find **FREEDOM** through **HEALING!**

*Free
To BE
me*

14

How Can God Heal What Can Never Be Changed?

HE GIVES A NEW, TRUTHFUL PERSPECTIVE – HIS PERSPECTIVE!!



15



16

Healing from Early Life Shame . . .

Remember:

SHAME (fear) is replaced by THE FATHER'S LOVE!

And we have come to *know and believe the love that God has for us. God is love; whoever abides [lives] in love abides in God, and God in him.... There is no fear in love, but [God's] perfect love drives out fear, because fear involves punishment. The one who fears has not been perfected in love. We love because He first loved us. 1 John 4:16-19

*Intimate knowing; idiom for "making love;" experiential

*Free
TO BE
Me*

17

Healing from Early Life Shame . . .

1. We seek the Lord to reveal to us, or remind us, of any early-life memories/experiences that are bound (locked) with emotions of shame; this is a *process*.
2. We seek to NAME the hurtful emotions, eventually identifying an overall, shame-based emotional baseline, which has become our IDENTITY.
3. We bring each and every hurtful experience and emotion to God and allow Him to reveal His perspective – the truth – and replace feelings of shame with feelings of His love. (Where were You?)

*Free
TO BE
Me*

18

Prayer Guides / Homework

What early life experiences have shaped your sense of worth? (Timeline)

What one word best describes how you feel about yourself? (Scale)

Bring hurtful emotions and shame to the cross. What does the Father say about you? Listening prayer. (Prayer Guide)



19

Slide Show Content, Prayer Guides and
Prayer Ministry Contacts featured at:

lauragallier.com/cms/free-to-be-me-resources

Questions?
info@lauragallier.com

*Free
To BE
Me*

20