



Liz Whiteley
Counselling & Psychotherapy



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LIZ WHITELEY
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April Newsletter!

Shame

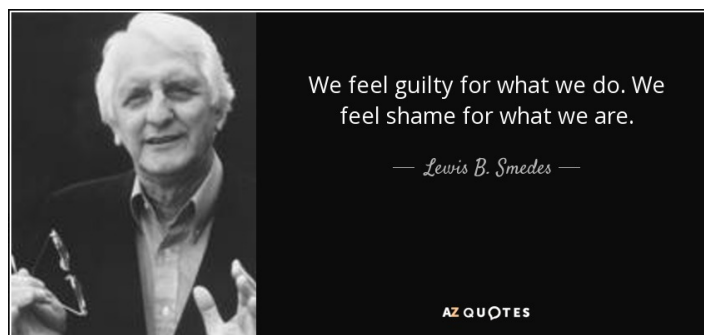
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Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.

Brew

Apologies for April's newsletter being so late, I have been so busy, but I hope you find this months topic very insightful. Shame is a big issue for a lot of clients that come to see me,

shame is often mistaken for other emotions. Clients often believe that this overriding feeling is guilt but struggle to articulate what the guilt is from. There is a simple reason for this. It is because guilt is about an action we chose to do, which we then feel guilty for. Shame is a negative representation of our innate self, who we are as a person. It affects our self-worth, our self-perception and intern we express this externally.



Here are some essential facts to remember about shame.

- **Shame is contradictory**

"you're not good enough" in one breath, then when you feel accomplished "who do you think you are?"

- **Shame discourages change**

"you don't deserve any better" or "you couldn't do that. let's stick with what we know."

- **Shame is a learnt emotion**

- no one is born with

shame.
We
learn
it.
What
people
say,
how
people
make
us
feel,
that
is
what
creates
shame.

- **Shame provokes shaming**

Sadly,
this
is
true.
Many
people
project
their
shame
onto
others
to
hide
from
their
own
shame.
consciously
or
not,
people
will
judge
others
to
escape
from
their
own
feelings

Shame should be reserved for the things we choose to do, not the circumstances that life puts on us.

-Ann Patchett

Coolsmart.com

Brené Brown quotes:

Shame is the warm feeling that washes over us, making us feel small, flawed, and never good enough.



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How to beat shame!

1. **Shame hates to be exposed.**
It doesn't want to be in the spotlight. Because if it is, it loses its power. The biggest battle with shame

is
exposure.
The
more
you
talk
about
it,
discuss
it,
name
it,
the
weaker
it
will
become.

2. **Being
self-
aware!**

by
learning
about
your
own
shame,
how
it
manifests,
what
are
the
actions
and
consequences
of
your
shame,
the
more
you
can
control
it.
Remember
shame
is
a
learnt
behaviour,
which
means

it
can
be
changed!

When we experience shame,
we feel disconnected and
desperate for worthiness. Full
of shame or the fear of shame,
we are more likely to engage in
self-destructive behaviors and
to attack or shame others. In
fact, shame is related to
violence, aggression,
depression, addiction, eating
disorders, and bullying.



Further Reading!

To look further into shame and how you can work with it, i can recommend two authors.

Carolyn Spring - Unshame

and

Brene Brown - Daring Greatly

Kind regards,
Your Team at Company Name



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