
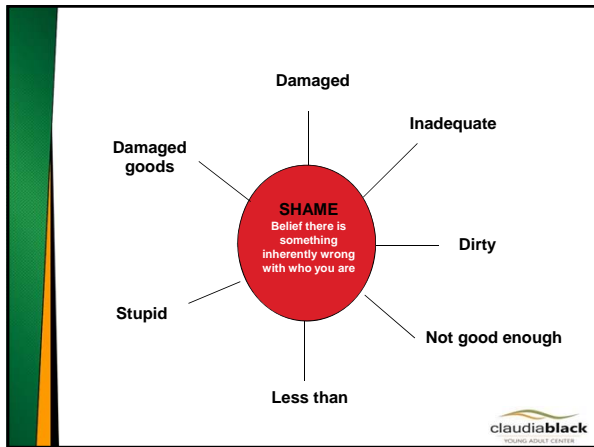


The Hidden Life of Shame

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Material excerpted from Changing Course 



The sentimental image of family that we present publicly is a defense for the pain of proclaiming the family for what it is, a sometimes comforting, sometimes devastating house of life and memory.

To deny or disown any part of our experience leaves us dangerously incomplete and especially vulnerable to our shame.

Thomas Moore
Care of the Soul




Emotional Availability

Z-O-N-E

Emotional Unavailability

Indifference to Wants & Needs

A-C-C-E-P-T-A-N-C-E




Emotional Abandonment

Abandonment
 When you have to hide a part of who you are in order to be acceptable/ to protect self.

When you have to hide:

- Your mistakes/ vulnerabilities
- Your feelings
- Your needs
- Your accomplishments/ success



Emotional Abandonment

When you cannot live up to expectations of significant other due to expectations being unrealistic.

When someone is disappointed with you they attack your whole being, worth, and value versus what you did or did not do.


When another expects you to be an extension of themselves, fulfilling their dreams.

When another is not willing to take responsibility for their feelings, thoughts, and behaviors but expects you to take responsibility for them.

When parents' esteem is derived through child's behavior.

When children are treated as peers with no parent child distinction.

Perceive family member to be different in a manner not acceptable



Shame Screens

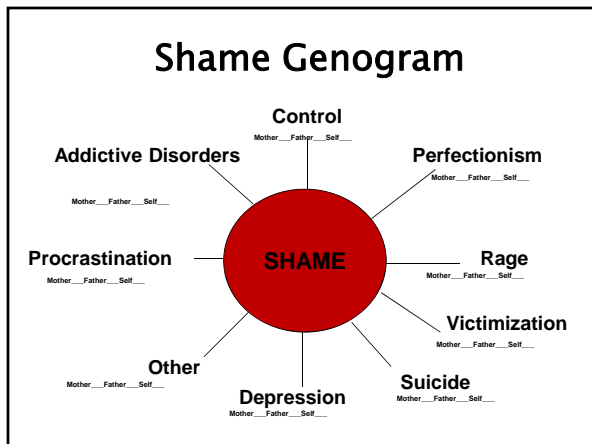
Power Over Pain →	→ Rage → Control → Perfectionism
Succumb To Pain →	→ Procrastination → Victim → Depression → Suicide
Erase The Pain →	→ Addiction

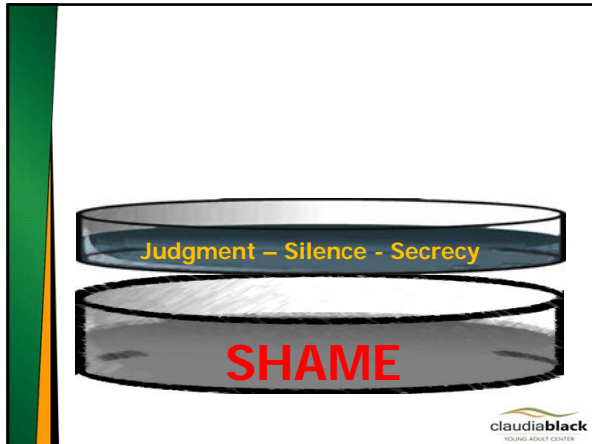
POWER ADDICTION CENTER

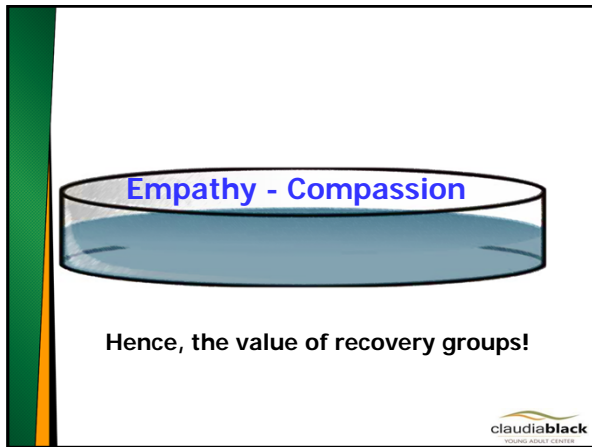
***Addictions do to shame
what saltwater does to thirst.***

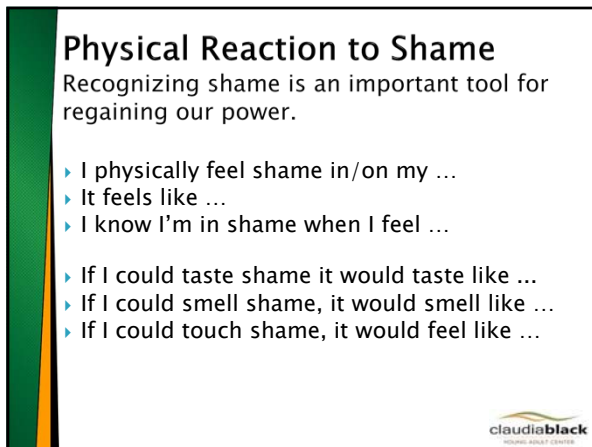
*The defenses used in addictions tend to grow, providing ever **decreasing** amounts of **relief** while requiring ever **increasing** amounts of **indulgence**.*

POWER ADDICTION CENTER









Shame Attacks

Steps to Shame Attack:

- Shame attack trigger – events that are reflective of old history
- Attack – strong feelings resulting in deep pain, child felt vulnerability, wanting to disappear, hide
- Cover up – raging, acting out, extreme withdrawal
- Increase of shame due to cover up – it gets stored

Ways to address shame attack:

- Stop – take a deep breath
- Withdraw – develop observing self as a witness, look at over response to a situation
- Own over reaction
- Explore old history – who is this about?
- Recognizing what's occurring, stay in adult ego state
- Take risk, establish boundaries and ask for what is needed



Saying Goodbye to a Defense

Write *Dear Defense...*

Thank the defense for what it has done.
 Tell the defense how it is getting in the way.
 Tell the defense that you need to let it go.

Dear Perfectionism,

I want to thank you for the help you have given me over the years. I needed you when ... I needed you when I was a child. I was so scared and didn't want anyone to know. I had to do the right thing or teachers wouldn't have noticed me. I didn't want anyone to think there was anything wrong. Because of you, Perfectionism, I got some good attention. I learned to get a lot done.
 But now you are getting in my way. Because of you, I cannot get close to other people. I expect too much from them. I cannot share in projects. I don't have fun because everything has to be done right. You once protected me from my fear, now you are the source of my fear- I can't be good enough.
 I need to let you go.



Saying Goodbye to a Defense

Dear Procrastination,

Thank you so much for the opportunity that you have given me — the time for introspection. Thank you for having me think seriously, in depth, cogently.

But now you are in my way. You cause me to stop in my tracks for naught but fear itself. This is not good enough — not anymore. I've thought as in depth as anyone who may wish to be so, so analytical. I need to move on now, to put these thoughts and fears into real action.

I have a dream to complete, a drive that needs to be followed. Release me, that I may be myself.