<table>
<thead>
<tr>
<th>Author</th>
<th>Contribution</th>
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<tbody>
<tr>
<td>Bradshaw</td>
<td>Coined the term toxic shame.</td>
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<td>Being mirrored by one non-shaming person makes all the difference.</td>
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<tr>
<td>Donald Nathanson</td>
<td>The compass of shame.</td>
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<td>Four universal behaviors to defend against shame.</td>
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<td>The idea that when avoiding shame you are bigger than or less than others.</td>
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<td>Says, to learn from our shame and &quot;Just love yourself.&quot;</td>
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<tr>
<td>Thomas Scheff/Helen Lewis Block</td>
<td>Disrupts bond Humiliated fury. Acknowledge shame then connection to others restored.</td>
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<td>Show deference to others.</td>
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<td>What does acknowledged shame look like? What is attunement?</td>
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<td>Shame-anger spirals.</td>
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<tr>
<td>Karen Horney</td>
<td>Four major attempts of the neurotic individual to come to solution</td>
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<tr>
<td>Gershen Kaufman</td>
<td>Find the entrances to governing scenes. Whenever we are able to observe upon our experience, we immediately detach from it.</td>
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<tr>
<td>Mark Epstein, Pema Chodron, Kevin Griffin</td>
<td>Abiding difficult emotions to observe and learn. Idea of PRACTICE and Right View being wise or attuned. Led to Present with Self and Present with Others and Wise-Self</td>
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<tr>
<td>Silvan Tomkins</td>
<td>Emotions are motivators.</td>
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<td>Affect theory: Scripts are begun as soon as we are born.</td>
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<tr>
<td>Virginia Satir</td>
<td>Four coping stances: Placating, Blame, Being Super-Reasonable, Being Irrelevant</td>
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<tr>
<td>Tony Webb</td>
<td>The social aspects of the compass of shame -- aggression, depression, isolation, and addiction. Alienation and aggression broader social results from avoiding shame. 'Good' shame as humility.</td>
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<tr>
<td>Brene Brown</td>
<td>Empathy opposite of shame; judge in areas most vulnerable to shame; judging numbs-easier than loss/grief; pre-frontal cortex off in shame. Perfectionism.</td>
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</table>
Governing Scenes

Gershen Kaufman

• Building blocks of self and personality

• Scenes fused with shame = sense of self is called into question
# Addictions/Dysfunction vrs Healthier Folks

## Negative Identity Scripts

- Disown self
- Disavow
- Fragment
- Rage; contempt: self & others
- Shame: Unresolved, chronic, toxic, unaware; avoided with reactive habits; unknown in body, thought, feelings

## Positive Identity Scripts

- Own Part in Scheme of Things
- Embrace self
- Integrate
- Shame: Acknowledged; observed; known in body, thought, feelings
Constellations of Possible Escape
Defensive Scripts for Unresolved Shame

- Invalidate Others
  - Physical & Verbal Aggression
  - Hostility
  - Disconnect
  - Addiction/Denial/Avoidance

- Hide from Others
  - Isolation and Apathy

- Hide from Self
  - Self-Abnegation & Self Hate

- Invalidate Self
  - Behaviors
  - Emotions
  - Thinking
Invalidate Self

Less Than: Enemy is Within

- Devalues Self: Differences = Deficiencies
- Self Splits: Punishing judge vrs offender
- Denounces and rejects self
- Does not maintain dignity of self
- “A taste for suffering” = Poor me
Invalidates Other

Bigger Than: Boundary of Self & World

- Belittle
- Power over
- In control
- Right
Hide from Self

Bigger Than

• Distract ourselves from facing defects

• Manipulate and deceive in our interactions

• Dishonest with ourselves

• Denial
Hide from Others
Less Than

- Escapes and hides (quality of life is lessened)
- Does not communicate
- Does not seek help
- Has shut ‘self’ in --- wears mask
Karen Horney refers to

- Moving Against
- Moving Away
- Moving Toward
- Idealized Image
Placating
Blaming
Being Super Reasonable
Being
Irrelevant
Quiz on COPE
Constellations of Possible Escape
When we experience our own shame, we believe that someone has seen us as we really are --- human and imperfect. When you can feel your own shame, you know that you are not a god or goddess.....it helps you speak with humility. **It keeps you the size you really are.**

Pia Mellody
“The Intimacy Factor: The Ground Rules for Overcoming the Obstacles to Truth, Respect, and Lasting Love”
Acknowledged Shame

Acknowledging our shame means we see ourselves as “right-sized”, (which leads us to being our Wise-Self) not bigger or more than, not smaller or less than others.
Four ways to be Your Wise-Self

- Respect Others
- Respect Self
- Present with Others
- Present with Self

Regard
Self-care
Participation
Connection
Caring
Truthfulness/Integrity
Self-care
Respect Other

Social Aspect: Regard

• We let go of power and control and ‘meet’ the other where they are

• We are willing to be open to others’ views and situations
Respect Self

*Social Aspect: Vitality*

- We treat ourselves with **value**

- We are aware of our own **power** and **worth** and use them wisely
Present with Self

*Social Aspect: Integrity*

- We engage in realistic self-examination to maintain authenticity
- Our interactions are forthright
Present with Others

*Social Aspect: Participation*

- We risk exposure and connection
- We believe that our involvement has merit
Matching Quiz on Four Ways to Be Your Wise-Self
A Really Good Shame-Buster

“[Repeated opportunity to] see ourselves mirrored and echoed in eyes of one non-shaming person.”

Bradshaw
“The most comprehensive formulation of therapeutic goals is the striving for wholeheartedness WHOLESOME(ness): to be without pretense, to be emotionally sincere, to be able to put the whole of oneself into one’s feelings, one’s work, one’s beliefs.
“Whenever we are able to observe upon our experience, we immediately detach from it.”

Kaufman
p. 81 “Dynamics of Power: Fighting Shame & Building Self-Esteem”
The practice observing without judgement

Awareness of how we avoid unresolved shame

Awareness of our Wise-Self

PRACTICE
Tool #1

• Increase awareness of shame triggers

• Increase awareness of when defenses against shame are used, thus increasing shame awareness
Tool #2

Teach the “Awareness Triangle”

• Body Awareness

• Thinking Awareness

• Feeling Identification
Tool #3

• Increase tolerance for negative affect; **practice** riding out feeling emotionally uncomfortable

  – Emotional strengthening

  – Develop self-observation
Tool #4   Shame Breaking Statements
(Richard Pfeiffer, Real Solutions)**

1. Whatever happens to me is for me

2. I choose reconciliation and forgiveness; I let go of the need for revenge.

3. I let go and go on.

4. I see life as a process, ever unfolding.

5. I allow others to say No to me and take it as information.
   (David Richo, *How to Be An Adult in Relationship*)
Tool #5

Increase enjoyment and interest (positive affect)
Don’t you remember on earth? There were things too hot to touch with your finger, but you could drink them. Shame is like that. If you will accept it --- if you will drink the cup to the bottom --- you will find it very nourishing: but try to do anything else with it and it will scald.

C.S. Lewis
“The Great Divorce”
p. 61 and 62
Restorative Relationships

- Participation
- Vitality
- Regard
- Integrity

Restorative Relationships
SHAME
Should Have Already Mastered Everything
How Unresolved Shame Gets in the Way of Our Humanity
(And What To Do About It)

by Jane Pennington, M.A.

Illustrations by Charlie Lucker

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