



Shame - Trauma can also create a repetitive and profoundly disempowering internal message or belief.

- Nothing in my life will ever improve (or change).
- No one can be trusted.
- The world is inherently unsafe, and I can't protect myself.
- I have no choice (or no good choices).
- I'm powerless.
- It's all my fault.
- I'm completely, hopelessly screwed up or broken.
- I'm unlovable.
- I don't deserve anything good (or, nothing good will ever happen to me).
- I'm inherently weak.
- I'm insignificant (or unimportant).

Guilt (Internal)

Feeling of regret and responsibility for one's action/inaction



Embarrassment (external)

Feeling of awkwardness, fleeting in time

chronic embarrassment becomes shame



Shame

Painful feeling that comes with the belief that one is unworthy, inadequate, bad





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 predominately 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.
- Rejection due to sexual orientation.

SHAME SCREENS

POWER OVER PAIN — Rage - Control - Perfectionism

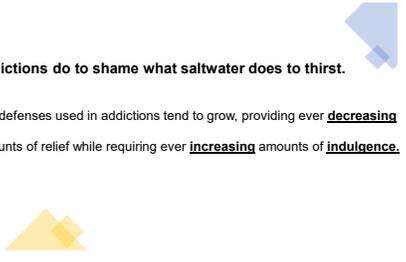
SUCCUMB TO PAIN — Procrastination - Victim - Depression - Suicide

ERASE THE PAIN — Addiction



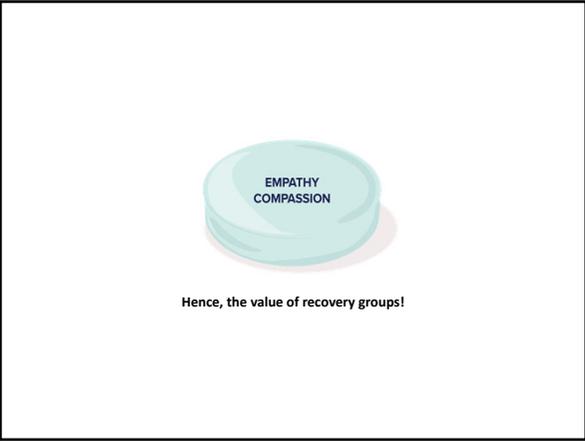
Addictions do to shame what saltwater does to thirst.

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









Hence, the value of recovery groups!





Physical Reaction to Shame

- I physically feel shame in/on my ...
- It feels like ...
- I know I'm in shame when I feel ...
- If I could taste shame it would taste like ...
- If I could smell shame, it would smell like ...
- If I could touch shame, it would feel like ...

Recognizing shame is an important tool for regaining your power.

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.

Layers of Healing

- Layer One: Grounding



Grounding Techniques

- Martial Arts
- Tai Chi
- Yoga
- Meditation
- Art
- Crafting
- Dancing
- Singing or chanting
- Writing
- Physical exercise
- Gardening
- Spending time in nature
- Playing/working with animals
- Crossword puzzles, Sudoku
- Coloring
- Knitting
- Breath work



Benefits of Mindfulness Practices

- Reduced rumination
- Stress reduction
- Boosts working memory
- Focus
- Less emotional reactivity
- More cognitive flexibility
- Relationship satisfaction
- Health benefits such as:
 - increased immune functioning
 - reduced psychological distress
 - increased information processing speed



Layers of Healing

- Layer One: Grounding
- Layer Two: Exploring the Narrative
- Layer Three: Moving into Your Emotions



What feeling is the *easiest* for you to share?

What feeling is the most *difficult* to share?

Taking that feeling that is difficult to share...
How do you defend or mask against it?

What is the fear of what would happen should you show/express this feeling?

Layers of Healing

- Layer One: Grounding
- Layer Two: Exploring the Narrative
- Layer Three: Moving into Your Emotions

Today you may feel the vulnerability of your childhood but experience the strength of your adulthood.

- Layer Four: Connecting the Past to the Present

Layer Five: Uncovering and Challenging Internalized Beliefs

- What beliefs have I internalized as a result of my trauma?
- How did those beliefs hurt or restrict me when I was young?
- How did they help me when I was young?
- How do they hurt or restrict me now?
- How do they help me now?
- Which of these beliefs do I want to keep?
- Which do I choose to let go of?
- What beliefs do I want to live by instead?

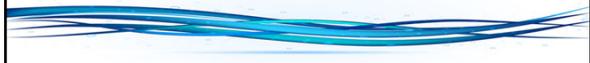
Old Beliefs / New Beliefs

- | | |
|--|---|
| • People aren't trustworthy | • Most people can be trusted |
| • I have to say Yes or people will think I am weak | • I can say No and still be a strong person |
| • There is no time to play | • Time to play is important |
| • Mistakes mean I'm a failure | • Mistakes mean I'm only human |



Layers of Healing

- Layer One: Grounding
- Layer Two: Exploring the Narrative
- Layer Three: Moving into Your Emotions
- Layer Four: Connecting the Past to the Present
- Layer Five: Uncovering and Challenging Internalized Beliefs
- Layer Six: Learning New Skills
- Layer Seven: Creating Your New Narrative



YOUR PERSONAL BAGGAGE CART

BAGGAGE

What does your baggage look like? The exterior is constructed to protect, hide and contain our feelings, beliefs and skills. Your luggage may be several pieces, circle that which describes your baggage.

a knapsack
a trunk
an overnight bag
a paper bag
hardcover shell

softcover shell
tattered
colorful
faded color
with wheels (easier to pull)

FEELINGS

What are you carrying inside your bag?

- | | | |
|-----------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Resentments | <input type="checkbox"/> Embarrassments |
| <input type="checkbox"/> Guilt | <input type="checkbox"/> Sadnesses | <input type="checkbox"/> Fears |
| <input type="checkbox"/> Love for | <input type="checkbox"/> Pride about | <input type="checkbox"/> Satisfaction with |
| <input type="checkbox"/> Other | | |

BELIEFS - Negative

Check those you carry in your various bags:

- | | |
|---|--|
| <input type="checkbox"/> I am not important. | <input type="checkbox"/> Others are more important than me. |
| <input type="checkbox"/> Good things only happen to others. | <input type="checkbox"/> I need someone to take care of me. |
| <input type="checkbox"/> The world owes me. | <input type="checkbox"/> You can not trust other people. |
| <input type="checkbox"/> I am boring. | <input type="checkbox"/> If people really knew me, they would not like me. |
| <input type="checkbox"/> I am unlovable. | |
| <input type="checkbox"/> Other | |

BELIEFS - Positive

Check those you carry in your various bags:

- | | |
|---|--|
| <input type="checkbox"/> People are trustworthy. | <input type="checkbox"/> It is okay to take risks. |
| <input type="checkbox"/> I can take care of myself. | <input type="checkbox"/> I can ask for help if I need it. |
| <input type="checkbox"/> My feelings are important. | <input type="checkbox"/> I deserve to be happy. |
| <input type="checkbox"/> I deserve respect. | <input type="checkbox"/> The world has many wonderful things to offer. |
| <input type="checkbox"/> Other | |

TOOLS

Describe your tool bag:

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Large | <input type="checkbox"/> Small |
| <input type="checkbox"/> Frequently used | <input type="checkbox"/> Seldom used |
| <input type="checkbox"/> Other | |

Are your tools a variety or limited in type? What tools do you carry?

Check those you carry in your bag:

- | | |
|---|---|
| <input type="checkbox"/> Ability to ask for what you need | <input type="checkbox"/> Ability to care for others |
| <input type="checkbox"/> Ability to listen | <input type="checkbox"/> Problem-solving skills |
| <input type="checkbox"/> Ability to see choices available | <input type="checkbox"/> Negotiation skills |
| <input type="checkbox"/> Healthy expression of feelings | <input type="checkbox"/> Ability to set limits |
| <input type="checkbox"/> Respect for others' limits | <input type="checkbox"/> Clarity around what is important |
| <input type="checkbox"/> Ability to make decisions | <input type="checkbox"/> <u>Self-care skills</u> : Basic hygiene / Appropriate clothing/ Ample sleep Exercise / Abstinence from addictive behaviors or chemicals (if a specific problem for you) |

YOUR CART

We utilize a cart to carry our bags when they get too heavy. While not everyone has a cart, consider the possibility; what might your cart be?

- Alcohol and other drugs
- Compulsive work
- Isolation
- Controlled/Controlling behavior
- Gambling
- Other
- Eating disorder
- Compulsive spending
- Depression
- Anger
- Sex

What are your bags carrying? beliefs, feelings behaviors? _____

How long have you been carrying them? _____

Who packed the bags? _____

Do these bags still serve their purpose? _____

What does it say about you and the way you still see yourself? _____

What do you want to carry with you on this journey? _____

What old feelings and beliefs do you need to let go of? _____

What beliefs would support you in the way you would like to live your life? _____

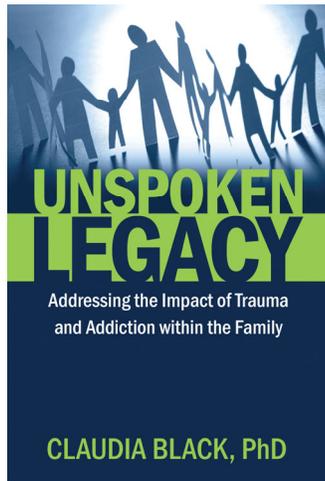
What feelings would you prefer to be carrying with you? _____

What do you need to do to make that happen? _____

What tools are you carrying that are useful to keep? _____

Do you have some luggage or a tool bag that you would like to go back and pick up? _____

Do you need to acquire some new tools you have never had before? _____



25% Off
Claudia Black Library Titles
Books/CDs/DVDs

◦ Central Recovery Press
<https://centralrecoverypress.com>

Coupon Code CBL2021

Expires 12/31/2021