

Shame Resilience and Wholehearted Living

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- ## Objectives
- Define and examine Brené Brown's shame, vulnerability, compassion, empathy, shame resilience, wholehearted living
 - Explore practical tools that can be used with patients
 - Review patients' experiences of this material delivered in a group format
 - Discussion about shame related Risk-Needs-Responsivity (RNR) Model and Trauma Informed Care.

- ## Disclaimers
- I am not Brené Brown
 - I am not an expert on shame
 - First time presenting
 - I am uber passionate about this curriculum

Why Shame? Why This Curriculum?

Personal Reasons

- > Normalizes shame
- > Demonstrates vulnerability
- > Wanting to be vulnerable and authentic
- > Teaches resiliency

Why Shame? Why This Curriculum?

Professional Reasons

RNR model

- > Need Principle: Shame precipitates and/or amplifies risk factors
- > Responsivity Principle: Barrier to engagement

Why Shame? Why This Curriculum?

Professional Reasons

Trauma Informed Care

- > Early shame experiences are stored as traumas
- > Brain does not differentiate between big and small traumas

Developing Shame Resiliency may strengthen Protective Factors

Basic Terms

- ◉ Shame
- ◉ Guilt
- ◉ Blame
- ◉ Vulnerability
- ◉ Empathy
- ◉ Compassion
- ◉ Shame Resilience
- ◉ Wholehearted Living

Shame

- ◉ Shame is the painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging. Shame is the fear of ridicule and belittling, when our self-worth is tied to achievement, productivity, compliance or the need to be perfect. **Shame is the fear of disconnection.**
- ◉ **Secrecy, Silence and Judgment feed shame**

Shame

- ◉ I don't belong; I'm unwanted, sick and unhealthy. I'm a liar, untrusting, absent, and homosexual. I'm the black sheep of the family.
- ◉ Shame is your mom telling you that she is embarrassed by how much weight you have put on and that you look disgusting in the clothes you wear.
- ◉ Shame is going to court and having the attorney say you are a monster and should never be released to the community.
- ◉ Shame is having my sister tell me that I can never meet her children.
- ◉ Shame is my family members refusing to have contact with me.

Shame vs. Guilt vs. Blame

- ◉ Shame has a strong correlation with violence, depression, suicide, addiction
- ◉ Guilt can be adaptive and motivating
- ◉ Blame is the discharging of pain and discomfort; inverse relationship with accountability

Shame vs. Guilt vs. Blame

- ◉ TOSCA (Test of Self Conscious Affect): self assessment to identify the level of shame, guilt, or blame a person might experience in day-to-day situations
*free on-line assessment
- ◉ Video: [Blame](#)

Group Activity: What Does Shame Feel Like?



Recognizing Shame

- ◉ Shame is full contact
- ◉ Shame is a fear response...we are not our best selves in this moment
- ◉ Resiliency tool
- ◉ Find the space we need to process and gain clarity

Shame Screens: Dealing with shame

- ◉ **Move away** by withdrawing, hiding, silencing ourselves, and keeping secrets
- ◉ **Move toward** by seeking to appease and please
- ◉ **Move against** by trying to gain power over others, being aggressive and using shame to fight shame

Shame Activity-Exploring Triggers

- ◉ 12 categories: appearance and body image, motherhood/fatherhood, family, parenting, money and work, mental and physical health, sex, aging, religion, being stereotyped and labeled, speaking out and surviving trauma
- ◉ The unwanted identities in these areas make us vulnerable to shame
- ◉ Understanding shame triggers is a resiliency tool

Vulnerability

- ⦿ Vulnerability is daring to show up and letting ourselves be seen. Vulnerability is uncertainty, risk and emotional exposure. Vulnerability is about courage, the courage to step into our true purpose and truth. Truth and courage aren't always comfortable, but they're never weakness.

Vulnerability

- ⦿ Vulnerability is...
- ⦿ Vulnerability feels like...
- ⦿ I grew up believing vulnerability was...



4 Vulnerability Myths

- ⦿ Myth #1: Vulnerability is weakness.
- ⦿ Myth #2: I can opt out of vulnerability.
- ⦿ Myth #3: Vulnerability is over sharing.
- ⦿ Myth #4: I can go at it alone.

Vulnerability

- ⦿ Must create a different frame of how we view this
 - *Vulnerability is **bravery** and **courage**
- ⦿ Uncertainty, risk and emotional exposure
 - * This is life! Goal is to normalize the uncomfortableness

Vulnerability

- ⦿ Sounds like truth and feels like courage
- ⦿ Truth and courage aren't always comfortable, but they are never weakness
- ⦿ Video: [Vulnerability and Empathy](#)

Empathy

*Most powerful tool of compassion

- ⦿ Perspective taking
- ⦿ Staying out of judgment
- ⦿ Connecting to an emotion
- ⦿ Communicating your understanding
- ⦿ Video: [Empathy](#)

Compassion

- ⦿ Accepting human struggles
- ⦿ Not a virtue-it's a commitment
- ⦿ Something we choose to practice



Empathy and Compassion combat shame

"In cultivating compassion we draw from the wholeness of our experience-our suffering, our empathy, as well as our cruelty and terror. It has to be this way. Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity."

Self-Compassion

According to Dr. Kristin Neff

Three Elements

- 1) Self-Kindness
 - 2) Common Humanity
 - 3) Mindfulness
- *free assessment available online

⦿ Video: [Jessica](#)

Shame Resilience

● **Shame Resilience** is the ability to practice authenticity when we experience shame, to move through the experience without sacrificing our values, and to come out on the other side of the shame experience with more courage, compassion, and connection than we had going into it.

● **Shame Resistance is not possible**

4 Elements of Shame Resilience

1) They understand shame and recognize what messages and expectations trigger shame for them.



4 Elements of Shame Resilience

2) They practice critical awareness by reality-checking the messages and expectations that tell us that being imperfect means being inadequate.



4 Elements of Shame Resilience

3) They reach out and share their stories with people they trust.

- We heal through our connection with others
- People have to be worthy of hearing your stories



4 Elements of Shame Resilience

4) They speak shame—they use the word shame, they talk about how they are feeling, and they ask for what they need



Wholehearted Living

- Wholeheartedness is defined by **compassion, courage, and connection**

***The greatest determining factor between those that feel a deep sense of love and belonging, and those who struggle for it – is whether or not the individual feels they are worthy of love and belonging.*

10 Guideposts to Wholehearted Living

| | |
|--|---|
| Cultivate Authentic | • Letting go of what people think |
| Cultivate Self-Compassion | • Letting go of perfectionism |
| Cultivate Gratitude and Joy | • Letting go of scarcity and fear of the dark |
| Cultivate Intuition and Trusting Faith | • Letting go of the need for certainty |
| Cultivate Creativity | • Letting go of comparison |
| Cultivate Rest and Play | • Letting go of exhaustion as a status symbol • Letting go of productivity as self-worth |
| Cultivate Calm and Stillness | • Letting go of anxiety as a lifestyle |
| Cultivate Meaningful Work | • Letting go of self-doubt and "supposed to" |
| Cultivate Laughter, Song, and Dance | • Letting go of being cool and "always in control" |

Wholehearted Living

- Courage, Compassion, and Connection are required tools
- Not lofty ideas but daily practices
