



Shame drives compulsions, but where did the shame come from?

Compulsion is often the inability to cope with stress and pain. We will explore the possible root causes of our compulsions and the effects of sexual and other abuse and its long term effects on purity issues.

Two Definitions of Shame

- 1) Healthy / natural shame
- 2) Toxic Shame

Healthy / natural shame

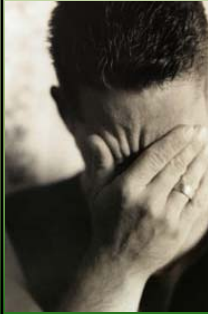
-From a feeling of shyness to a feeling of shame and guilt that comes from having behaved in a way dishonoring and ridiculous.

- All your attention and awareness is on you.

- "Caught with you hand in the cookie jar"



Toxic Shame



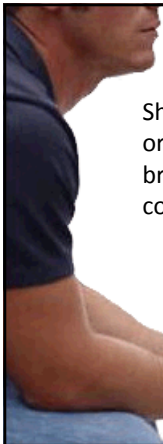
(Toxic) Shame is an inner sense of being completely diminished or insufficient as a person. It is the self judging of the self.

A pervasive sense of shame is the ongoing premise that one is fundamentally bad, inadequate, defective, unworthy, or not fully valid as a human being. (*Facing Shame p. 5*)

Shame says
"At the core
I am bad"

"I must be defective"

Dynamics of Shame



Shame leads to fear of being exposed or fear of exposing one self. Shame brings a need to hide, and to avoid eye contact.


- Self Despise
- Inferiority
- Feeling left alone -deserted
- Experience of disgrace

Dynamics of Shame

Visible signs, as seen in a person's behavior

1. Perfectionism
2. Self-righteousness
3. Power and control through hidden manipulation
4. Inflict shame on others
5. Air of martyrdom (*'victim mentality'*)
6. Isolation






The opposite of Shame

- an inner feeling of peace.
- From unrest to peace

Taken from 'From Shame to Peace – Téo van der Weele

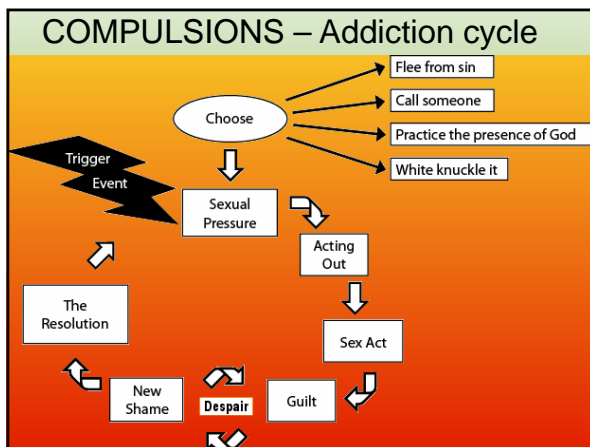
Other descriptions

- From fragmented - being whole
- from hiding away to standing straight



Trust-relationships ...

Essential before confronting shame



TRIGGERS

- Stress
- Pain
- Loneliness
- Rejection
- Disappointment
- Abandonment

anything that gets us into our internal world

Short Term Contributors (Triggers)



- People
- Places
- Things
- Toxic feelings
- Toxic thoughts
- Toxic behaviors

Long Term Contributors

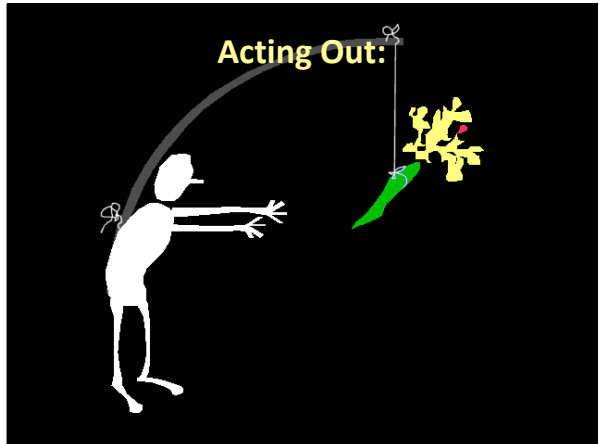
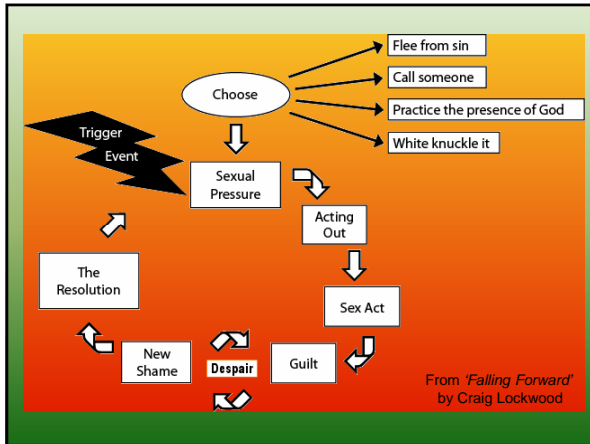
- Abuse (sexual, physical, verbal, emotional)
- Emotionally rigid, detached family
- Development of shame throughout childhood
- General obsessive tendencies
- An obsessive problem solving style
- Other addictive behaviors
- Long history of depression and anxiety
- Negative core beliefs about oneself and relationships
- "All or nothing" thinking styles etc.

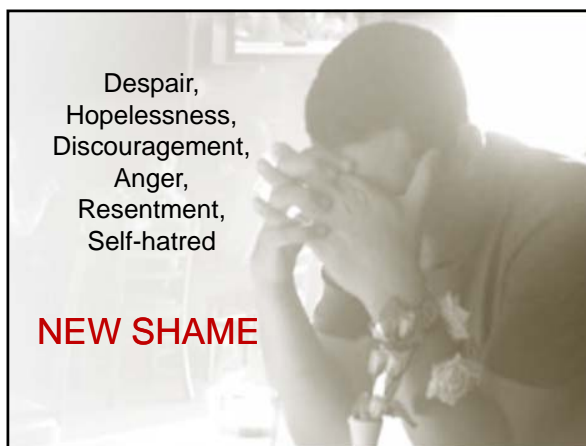
Anxious "Toxic" State:

- Loneliness
- Sexual preoccupation
- Extreme agitation...the desire for relief swallows up all reason and sanity.
- Depression and anxiety increase
- "I feel horrible, like I'm gonna crawl out of my skin"
- "I really feel deprived"

Accountability

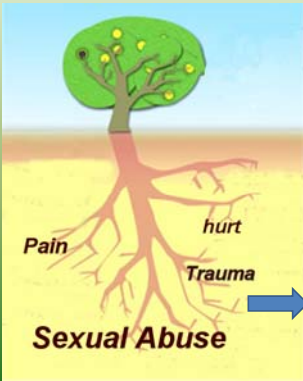
Ritualization: The obvious or subtle decision made in this stage releases a foggy kind of euphoria.





Trauma Re-enactment

- a trauma survivor acts-out an unremembered trauma while unconsciously projecting the details of that trauma onto current relationships ...



'One bad fruit'


We can pluck it, but it keeps growing back (like compulsions)

We might not have any memories of this, and yet it effects the 'fruit' in our lives


Sexual Abuse:

- "Contacts or interactions between a child and an adult when the child is being used for sexual stimulation of the perpetrator

When the perpetrator or another person is in a position of power or control over the victim."



The National Center on Child Abuse and Neglect



1 in 3 girls under the age of 18 have been sexually abuse



The Journey Out

1. Face your shame directly and discover how you learned to be shameful. (counseling, Therapy, trusted friends)
2. Look at your attachment to your shame in the present (ie payoffs)
3. Translate your shame into emotional pain and express it to others in a safe place. Actively choose to be vulnerable with them.

The Journey Out

4. Learn new and more positive ways to nurture yourself.
5. Create new and self-affirming patterns and dialogues.
6. Actively re own discarded parts of your "small child".
7. Identify and attempt to stop using controlling / manipulative behaviors.

