



---

---

---

---

---

---

---

---

**Shame** drives compulsions, but where did the shame come from? Often childhood trauma is overlooked as the cause of the present day shame we battle. **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 moment of shame may be so painful that one feels robbed of his dignity, exposed as basically inadequate, bad, or worthy of rejection.

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*)

---

---

---

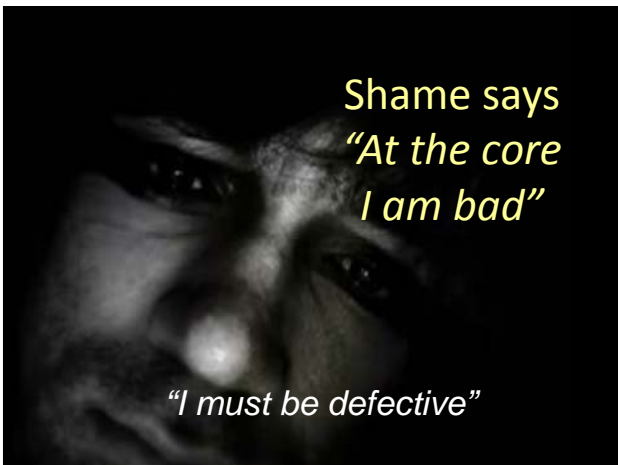
---

---

---

---

---



---

---

---

---

---

---

---

---

### **The 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.

- 1. Self Despise
- 2. Inferiority
- 3. Feeling left alone -deserted
- 4. Experience of disgrace

---

---

---

---

---

---

---

---

### **The 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

---

---

---

---

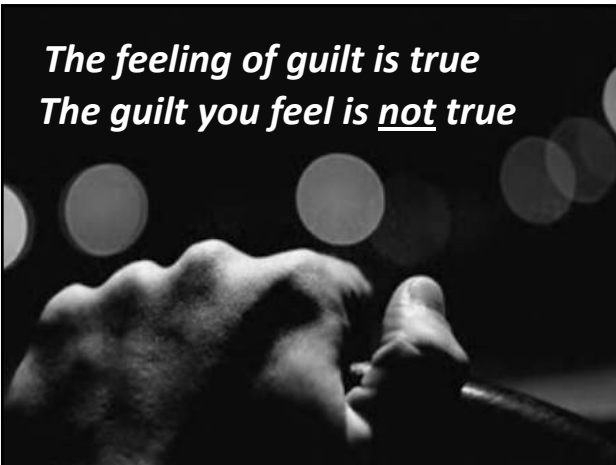
---

---

---

---

*The feeling of guilt is true*  
*The guilt you feel is not true*



---

---

---

---

---

---

---

---



### 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

- *Fragmented - to being whole*
- *from hiding away to standing straight*

---

---

---

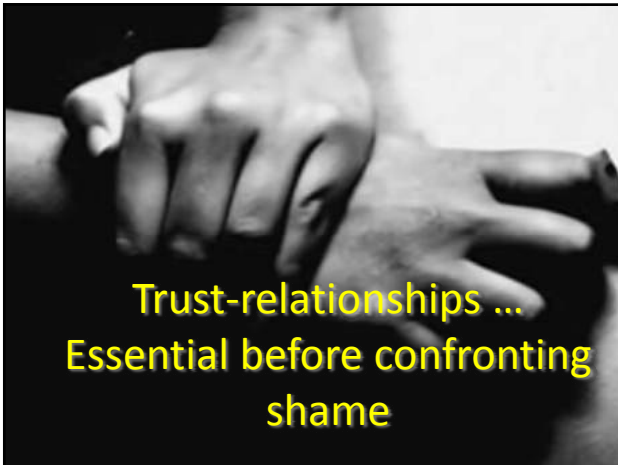
---

---

---

---

---



### Trust-relationships ... Essential before confronting shame

---

---

---

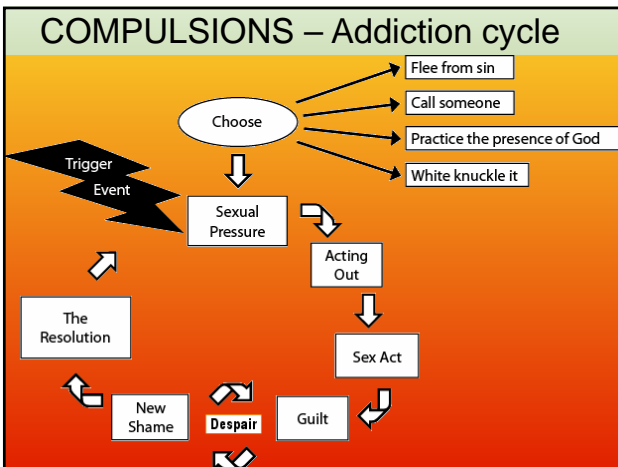
---

---

---

---

---



---

---

---

---

---

---

---

---

**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.



---

---

---

---

---

---

---

---



---

---

---

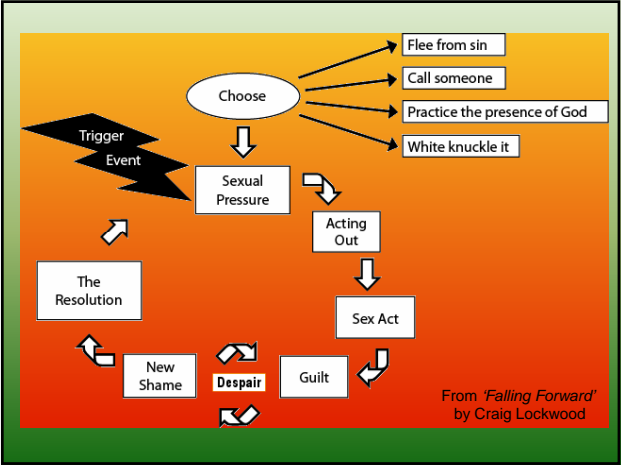
---

---

---

---

---



---

---

---

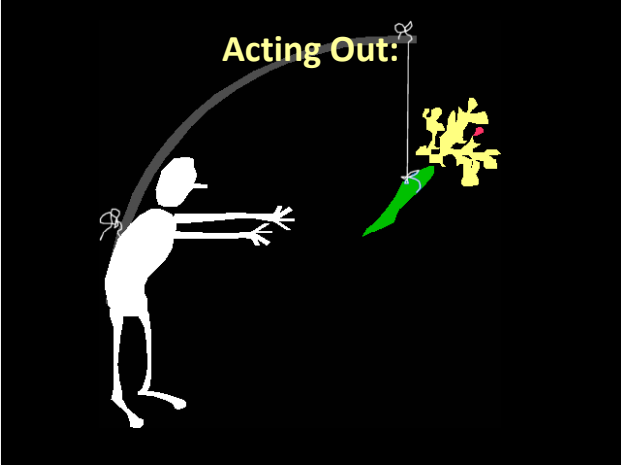
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

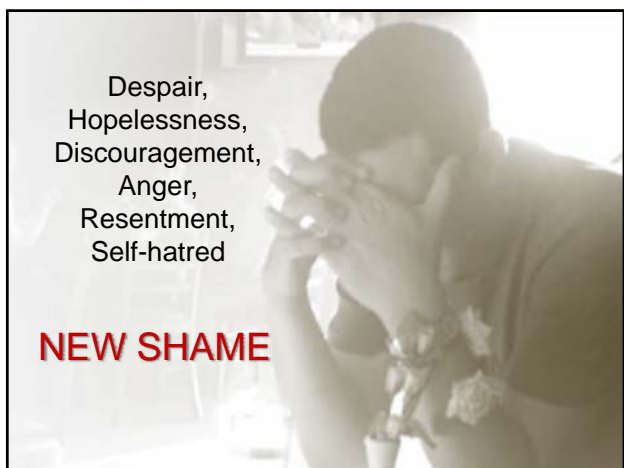
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



**TRAUMA**

- **Trauma** - a generally unexpected, unfavorable event that is physically, mentally, and/or overwhelming to the person experiencing it. A single trauma can create lasting effects in the mind of a survivor, including Post-Traumatic Stress Disorder (PTSD).

---

---

---

---

---

---

---

---



**Trauma Re-enactment**

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

---

---

---

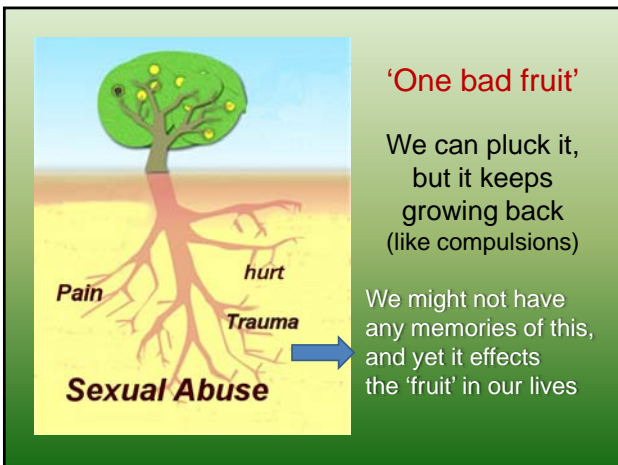
---

---

---

---

---



**'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

---

---

---

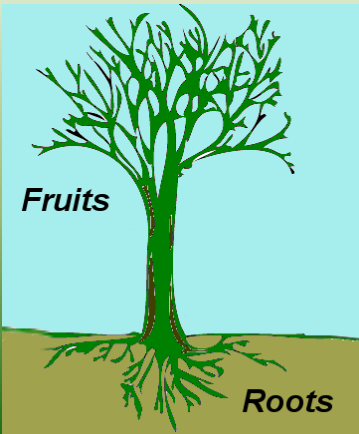
---

---

---

---

---



**We are known by our fruits**

But we try to hide the 'bad apples'

---

---

---

---

---

---


---

---

**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**

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---