

Orientation To Freedom From Shame and Guilt and the Journey toward Forgiveness

Shame and Guilt are important feelings that we need to look at in recovery.

What does SHAME mean?

- The painful feeling arising from the consciousness of something dishonorable, improper, ridiculous, etc. done by oneself or another.
 - Focus on YOU – How do you FEEL about yourself?
 - Is highly connected with addiction
 - Depression
 - Aggression
 - Violence
 - Bullying
 - Suicide
 - Eating Disorders

- Shame is a painful feeling about how we appear to others (and to ourselves)
 - Shame doesn't even have to be linked to something we really did.
 - Imagination plays a big part sometimes.

 - Shame is natural though – it comes with our human nature and how we are in relationships.

- Shame is all about ME.
- What does shame FEEL like? (list feelings)

What does the **cycle of shame** look like and how does it affect how we act/feel?

