

Group:

Shame – Where does it come from?

Description:

A sense of being a failure as a person / never feeling as if you are quite “good enough” / feeling doubt about yourself (your strengths) at the very core/ feeling exposed in a very painful manner/ feeling humiliated, discouraged, and despairing much of the time / an inner feeling of worthlessness / “I’m a mistake”, “I am a bad person”, “ I’m wrong”.

Major Sources of Shame:

1. INHERITED GENERATIONAL SHAME

- Family secrets from before birth.

Ex: - My grandfather and father were both drunks – drunk runs in my family.

- My grandfather was a Nazi.

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2. EXTERNAL SHAME – Trauma that violates our boundaries ie. Sexual.

Ex - - I was raped when I was 7 y/o.

- My father was a criminal who robbed a bank

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3. CULTURAL SHAME – Failure to live up to expectations generated by male and female stereotypes in the society.

Ex: - Indians are lazy drunks.

- All black people sell drugs.

- I’m a man, I should be the one earning a living for my family.