

Toxic or Core Shame

There are 2 Kinds of Shame

- **Shame for who I am.**
 - This is “core” shame and is found in the unconscious part of our minds.
 - This type of shame can become very intense or “toxic” and can lead to many problems.

- **Shame for what I have done.**
 - This type of shame diminishes in intensity with time and amends

“Core” Shame based negative self-talk:

- I’m stupid.
- I’m unattractive (especially to a romantic partner).
- I’m a failure.
- I’m a bad person.
- I’m a fraud or a phony.
- I’m selfish.
- I’m not good enough.
- I hate myself.
- I don’t matter.
- I’m defective or inadequate.
- I shouldn’t have been born.
- I’m unlovable

Core Shame or Toxic Shame causes many of the following due to:

- Illogical Thinking
- Isolation
- Alienation from others
- Intense negative self talk
- Distorted Self Image
- Intense self absorption (it’s all about me)



How to get rid of (heal) toxic shame:

- Talk with a good counselor.
- Avoid relationships that criticize you for what you do, and do not see who you are.
- Nurture relationships with those who see the goodness in you and your value.
- If you are co-dependent, learn to stop this:
 - Learn “tough love”
 - Learn to say “no”
 - Learn your own boundaries
 - Learn to have your own “voice” and speak up
- Get into and participate in a good peer group to learn about yourself.

Ticket

Welcomed Freedom clients to today's group and opened with the Serenity Prayer. Proceeded to introduce the most intense form of shame – "Core Shame" or "Toxic Shame. Discussed the 2 kinds of shame:

1. Shame for "who I am."
2. Shame for "what I did."

Presented material on a number of mental illnesses that may rise from shame: depression, anxiety, poor self esteem and inadequacy, addictions, suicide, etc. Very good group discussion of these illnesses and how alcohol/drugs may exacerbate them.

Plan:

- Continue looking at Core Shame and how this affects cognition and self-talk.

participated actively in group process and discussion. Seemed to acquire additional insight into own struggles with anxiety and depression.

Ticket 2

Welcomed Freedom clients to today's group and opened with the Serenity Prayer. Reviewed concepts including the consequences of negative self talk which often occur due to "Core Shame" or "Toxic Shame. Reviewed and discussed the 2 kinds of shame:

1. Shame for "who I am."
2. Shame for "what I did."

Reviewed material on a number of mental illnesses that may rise from shame: depression, anxiety, poor self esteem and inadequacy, addictions, suicide, etc.

Very good group discussion of these illnesses and how alcohol/drugs may exacerbate them. Discussed o "heal" toxic shame and move forward with living a contented life.

Plan:

- Continue looking at Core Shame and how this affects cognition and self-talk.

participated actively in group process and discussion. Seemed to acquire additional insight into own struggles with anxiety and depression.

