

## **Shame and our Relationship to the Creator**

### **Our Creator gives life to us:**

- So that we might be fruitful – creative and grow
- So that we might live in freedom
- So that we might pursue our dreams/ goals
- So that we might give glory and thanks

### **Shame makes us slaves – takes always our freedom due to:**

- Bad memories
- Bad behaviors
- Bad feelings

**Guilt's message is "I did something bad."**

**Shames message is "I am bad."**

**Shame means that I have asked for forgiveness – BUT have not let go of the bad.**

This:

- Interferes with our relationship with the Creator
- Interferes with our relationships in our family

**When we really believe that our Creator is forgiving**

- Then you must forgive yourself also.
- Forgiveness is "letting go" of the negative thinking about yourself.
- Letting go of my "dark side."

**Shame acts like a barrier or wall that keeps love from getting through.**

This is because:

- We believe ourselves unlovable
- We believe ourselves unworthy
- We do not value ourselves
- We believe that we are not worth being forgiven
- We "hide" our real self from others (isolates)

**Shame disconnects (isolates us) from authentic and healthy relationships with**

Anyone:

- With our Creator
- With our Family
- With our Partner

**Shame grows and grows:**

- With our isolation from others
- With our secrets
- With our silence

**Recipe for healing ourselves form SHAME:**

**1. Tears – Let yourself cry. This is good and healthy and healing.**

**2. Talk about it**

- Journal
- Talk with a counselor
- Talk with your partner, family, friends, (STOP the “secret”)

**3. Tenderness:**

- STOP condemning yourself
- Be gentle with yourself
- Be as kind and understanding with yourself as you are to others

**4. Time:**

- Give yourself TIME to grieve over that hurt:
  - I. You experienced
  - II. You caused others
- It takes TIME to “let go.”

Welcomed clients, this morning and opened session with the Serenity Prayer. Today's topic for process and discussion is "shame and our Relationship to the Creator." Talked about the gifts of the creator and how shame takes away our freedom to be happy and full of gratitude. Guilt's message is "I did something bad." and shame's message is "I am bad." Began formal discussion of the value of forgiveness and how shame is a barrier to forgiveness and growth as a person.

Plan:

- **Continue looking at shame and forgiveness.**
- **Begin formal study and processing of forgiveness.**

Actively participated in today's group work on understanding shame and forgiveness. Positive attitude.

