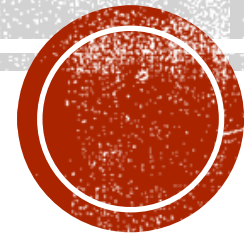


SHAME ON US: HOW TO COMBAT THE EXPERIENCE OF SHAME

Adventist Family Life Conference

Beverly Sedlacek, DNP (c)

Into HIS Rest Ministries



WORKSHOP OBJECTIVES

- After participating in this workshop, the participant will be able to
- Identify the biblical connection of shame-sin and its impact on the developing mind.
- Identify biblical solution to shame and the role parents play in shaping children's experience of shame.
- Name three parenting strategies that will minimize the impact of shame on the growing child to enhance healthy interactions with others.



DEFINING SHAME

- Defining shame is challenging, and the very elusive quality of coming to a universally accepted definition is a key element of its power. Words are used to describe shame, such as humiliation, embarrassment, indignity, disgrace etc. However, words do no justice to the emotional state common to the experience of it we all share.



KEY ELEMENTS OF SHAME

I am

Not ENOUGH



KEY ELEMENTS OF SHAME

There's something **WRONG**
with **ME**



KEY ELEMENTS OF SHAME

- The important feature here is not just the fact that I am not enough to change my life (though of course the fact is necessary as part of the experience), but rather the **FELT SENSE** that **I** do **NOT** have what it takes to tolerate this moment or circumstance.



KEY ELEMENTS OF SHAME

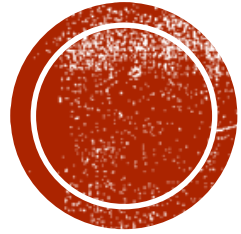
- This inability to tolerate this moment causes us to judge ourselves as unfit, and reinforces the feelings of **SHAME**, resulting in a circular loop of reinforcing the feelings of **SHAME**.

This causes us to isolate and **hide** in our vulnerability.



BIOLOGY OF THE BRAIN

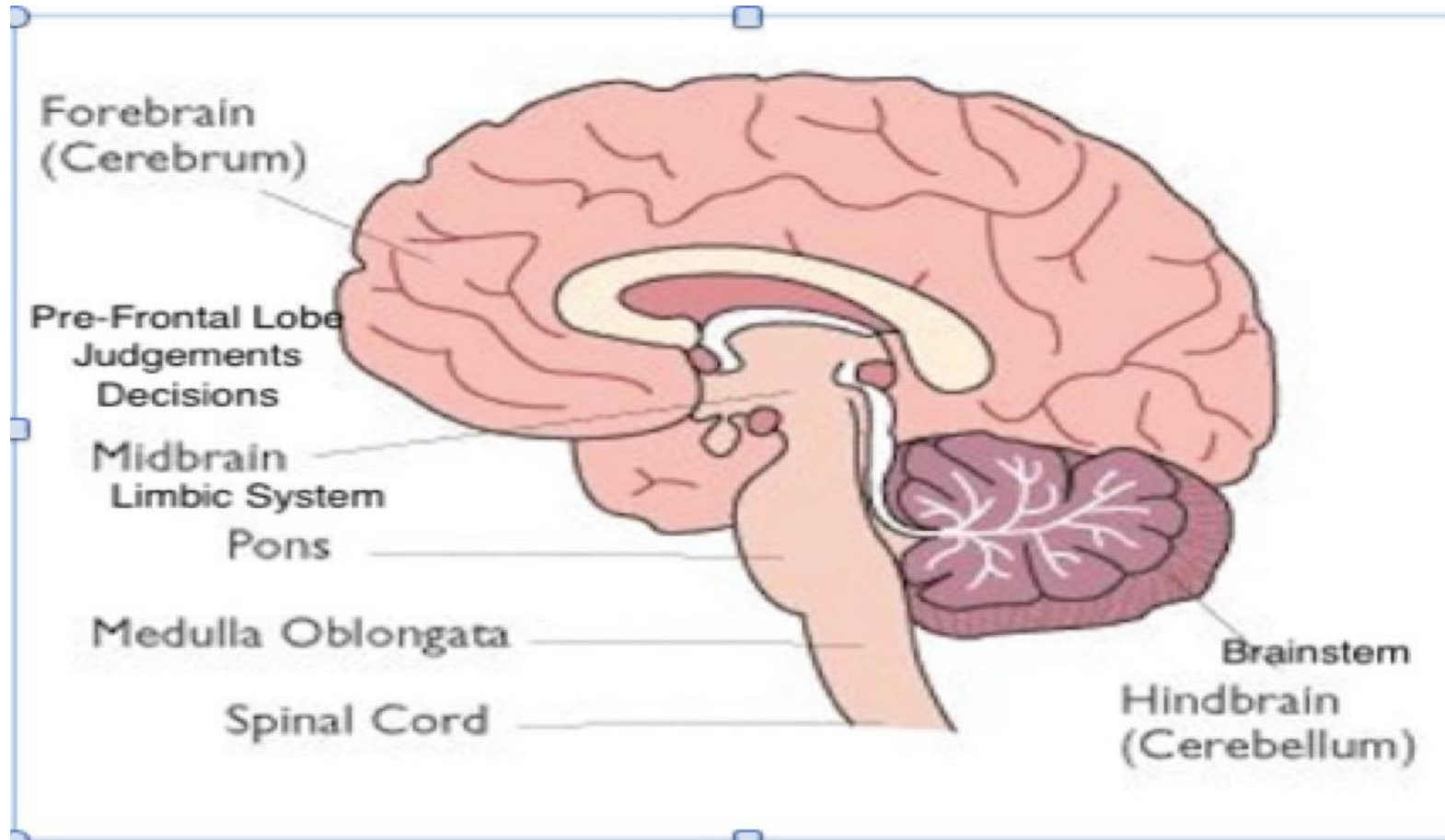




BIOLOGY OF THE BRAIN



THE BRAIN



THREE PARTS TO THE BRAIN

- Brain Stem



THREE PARTS TO THE BRAIN

- Brain Stem
- Limbic



THREE PARTS TO THE BRAIN

- Brain Stem
- Limbic
- Neocortex



BRAIN STEM

- First part of the brain to develop
 - Responsible for life-sustaining functions, such as breathing, heart rate and blood pressure



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 - Highly responsive to even the slightest environment shifts that spell danger, and respond quickly to these changes for the purpose of self-preservation.



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 - Initiates the fight or flight process



LIMBIC SYSTEM

- Responsible for recognition and memory



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- Attention to salient internal or external environmental stimuli and pleasure.



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- Generates and modulates emotions. After processed by cortex, emerges in the form of fear, joy disgust, anger, hurt, disappointment, and dozens of other emotions.



LIMBIC SYSTEM

- Responsible for recognition and memory
- Attention to salient internal or external environmental stimuli and pleasure.
- Generates and modulates emotions after processed by by cortex emerges in the form of fear, joy disgust, anger, hurt, disappointment, and dozens of other emotions.
- Highly connected by nerves to the two other parts of the brain, to assist in the modulation of both higher(cortex and lower(brainstem) activities of the brain.



THE AMYGDALA

- The watchdog of the brain.



THE AMYGDALA

- The watchdog of the brain.
- When it senses danger it can completely take over or hijack the brain.



THE AMYGDALA

- The watchdog of the brain.
- When it senses danger it can completely take over or hijack the brain.
- This is how we act before we think.



IMPORTANT TO NOTE

- The neurons of the brain stem and limbic circuitry do not involve conscious activity.
- We are constantly influenced by these lower layers of the brain system, which we frequently do not pay much attention to.



NEOCORTEX

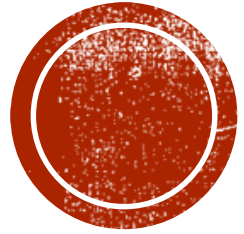
- Involved with the higher level complex brain activities: social, cognitive/linguistic, abstract, creative , sensory and motor abilities.
- The energy of the mind interacts with information of the mind and enables us to demonstrate love, learn algebra, and make decisions.



SHAME VS. GUILT

- Shame makes its way into our stories at an early age. So early, in fact, that we usually have no conscious memory of our initial encounters with it. This can take place as early as fifteen to eighteen months, and usually involves a child's response to someone's nonverbal cues— a glance, tone of voice, body language, gestures or intensity of behavior— that interrupt whatever the child may be doing, delivering a subtle but undeniably felt message of disapproval. This is something that initially is translated as something sensed and a child responds to primarily as a function of the body.





SHAME VS. GUILT



SHAME VS. GUILT

- Shame is a feeling deeply associated with a person's sense of self, apart from any interactions with others.
- Guilt emerges as a result of something I have done negatively affects someone else.



SHAME VS. GUILT

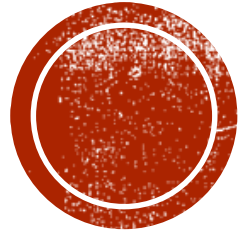
Guilt

- Guilt emerges as a result of something I have done that negatively affects someone else
- Something I feel because I have done something bad
- Guilt emerges when a child's brain is mature enough to be aware that his or her behavior negatively affects the emotional state of another. is able to recognize that around three to six years of age.
- Tends to draw my attention to another (through empathy) and is often accompanied by a desire to resolve the problem by being closer to him or her.
- Usually unable to experience guilt without shame

Shame

- Feeling deeply associated with a person's sense of self, apart from any interactions with others
- Something I feel because I am bad
- Difficult to separate ourselves from shame
- Shame separates me from others as my awareness of what I feel is virtually consumed with my own internal sensations.
- Can experience shame without guilt





GENESIS



GENESIS OF SHAME

The
Godhead
Peace
Authenticity
Love
Free Flowing

ETERNITY PAST



GENESIS OF SHAME



The
Godhead

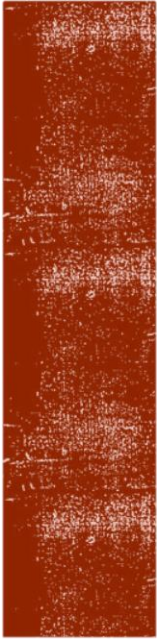
Creation
of
Man

ETERNITY PAST

PEACE



GENESIS OF SHAME



ETERNITY PAST

Entrance of

SHAME



GENESIS OF SHAME

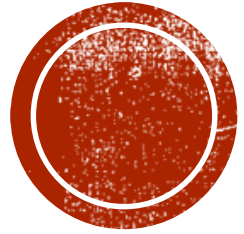


Sin

SHAME

Abandonment





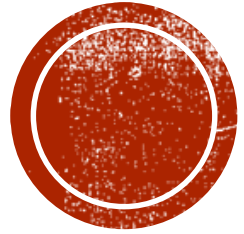
EFFECTS OF SHAME



The Effect of Shame Relationships

- Hide
- Pull Away
- Narrative Changed





BIBLICAL SOLUTION



BIBLICAL SOLUTION TO SHAME

- **Vulnerability**

It is not something we choose but it is who we are!

To be human is to be vulnerable

Not a question if but to what degree

- **Community**



OUR RESISTANCE TO VULNERABILITY

- We avoid physical vulnerability to injury or death which is very understandable.
- However, being open to relational vulnerability cuts against the grain of everything that we do.
- As men, we've been socialized (programmed) to not show vulnerability because it is seen as a sign of weakness.
- “Real men don't cry.”
- “Stop crying or I'll give you something to cry about.”



PARENTING TIPS

- Vulnerability with our children- Telling our stories to our children.
- When we invite our children to talk about their uncertainties and to honestly share our own with them, we make possible the integration of their minds, bringing them not to certainty of knowledge but confidence in relationship.

