

Reactions to Shame

Deny

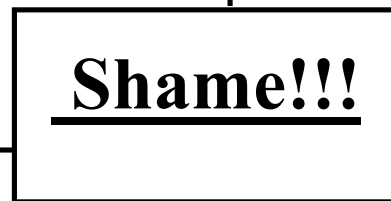
- Dissociation
- Numbness, Blankness
- Addictions, Drugs/Alcohol/Sex/Food
 - “It didn’t really happen.”
 - “It wasn’t so bad.”

Fawn / Cling

- Keep Connection no matter what.
 - Access to Anger is Frozen.

Attack Self

- Inner Critic
- Perfectionism
- “There’s something wrong with me.”
- “I deserved it.”
- “They were right.”
- “I’m bad.” “I’m toxic.”



Attack Other

- Blame, Criticism
- Pass the hot potato
- Contempt
- Rage
- Violence

Withdraw

- Pulling in
- Licking your wounds
- **Reassessment**
 - Isolation
 - Mistrust
- Losing faith and hope

Healthy Shame

- *Self-Compassion*
- *Responsibility*
- *Humility*
- *Big Picture*
- *Precision!*
- *Humor*
- *Re-Engagement*