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Shame Awareness Builder

Did your heart sink as you read this title? Shame is a very heavy, emotional topic for most people. I hesitated to have this clearing call be about shame because of that very fact, so kudos on your willingness to go here with me.

As human beings with a deep need for connection and belonging, everyone experiences shame at times. Some people have had very intense experiences of being shamed by parents, teachers, bosses, etc. If this touches on extremely tender or painful areas for you, remember that you can wade in. Start at the edges with less painful memories and messages. As you feel ready, you can move on to more intense ones.

If you need more help with this topic, schedule a 1:1 session with me. You'll find the information on how to do that in the online Resources page for your membership.

To get started, let's talk about what shame is. Shame is often confused with guilt or embarrassment. With guilt, the message you get is your *action* was bad or wrong. With shame, the message is *you* are bad or wrong.

Guilt is correlated with improved behavior such as making amends or a helpful change in habits. Shame is correlated with addiction, depression and destructive behavior. Shame is felt so intensely that we do what we can *not* to feel it, like numbing out, running away, or lashing out at others, especially those with less authority or standing than we have.

Have you heard the expression that hurting people hurt others? It's also true that shamed people shame others, and themselves.

Before you move on to the questions, I want to remind you of a few things:

- **Looking at something inside you doesn't create it.** It's simply letting yourself become aware of what's already there. When you become aware of something, you have the power to release it. What you're not aware of controls you. *Owning your power is based in large part on what you're willing to become aware of.*

- **Where you have the biggest emotional turmoil, you'll have the biggest emotional release, and the greatest freedom and expansion.** If you've been carrying a lot of shame, this clearing will likely be very emotional for you, and very, very freeing. Remember to keep breathing.
- **None of this is "real".** The experiences you've had of being shamed are not happening now. They are in the past. Breathe and stay in the present.
- **You're loved and supported.** We've ALL experienced shame in one form or another. You are not weird, unworthy or less than. You are human. You are also loved. You are loved by the Universe. You are loved by me. You are a valued member of this group. We are here for each other. We are here for you.
- **You can take this at the pace that's right for you.** I have NO agenda for you here. If this feels too big and you want to skip this clearing for now, or forever, that's fine. You get to do that. You are in charge. If you want additional support, reach out for a private call.

OK. Let's look more closely at shame and the experiences with it that you want to bring to our clearing call.

Being able to recognize what shame feels like physically will help you realize quickly when you're in shame. Think of a time that you felt shame. What were you feeling in your body?

When you feel shame, how are you most likely to respond:

- By fighting, shaming back or attacking others.
- By freezing, being paralyzed.
- By fleeing, disappearing, physically/ mentally / emotionally leaving.

When you feel shame, what are you most likely to *do*? What do you do to reduce the intensity or bury it?

If you feel like you've done as much as you're ready to do, stop here. If you're ready to keep going, remember that with these next two questions you can get as specific as you want, or stay as general as you want.

What are shaming messages you've gotten from others (parents, siblings, partners, teachers, doctors, tax attorneys, coaches, etc.) or experiences you've had that were shaming:

What are shaming messages you give or have given yourself?

Congratulations! You did it. You're building your awareness with shame. It will never again have the same hold over you that it has in the past. By doing this much, you've already increased your resilience to shame.

Now join me for the Clearing Call (or listen to the recording). We'll release some of your old experiences with and connections to shame, giving you more spaciousness, freedom and connection to your power.