THE COMPASS OF SHAME; A REFLECTIVE TOOL IN DEVELOPING SELF-AWARENESS & LEARNING & ENHANCING AND MAINTAINING EFFECTIVE RELATIONSHIPS

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WORKSHOP ON SHAME

- What is Shame?
- Role Shame plays in emotional maturation and attachment, rupture and repair cycle
- Difference between healthy and unhealthy shame
- How to recognise facial and behavioural signs of shame
- Responding and supporting a child / adult experiencing shame
- Compass of shame
- Understanding Reactions and Defences
- How to Respond and facilitate expression of shame (Acknowledge, Validate and Use of language and appropriate self disclosure)
What is Shame?

According to Harper, the word shame has its origins in the French teutonic root “skam” and the pre teutonic root “skem” which means “covering” or “covering oneself”.

BIOLOGICAL AFFECTS

Enjoyment — Joy
Interest — Excitement
Surprise — Startle
Shame — Humiliation
Distress — Anguish
Disgust
Fear — Terror
Anger — Rage
Disgust

Positive Affects
Neutral
Negative Affects
WHAT IS SHAME?

Loader describes the affect of shame as an inner experience we feel when private aspects of ourselves are unwittingly or unwillingly uncovered.

Kaufman (1989) states that consistency and predictability are essential when building an interpersonal bridge and that any situation that ruptures the interpersonal bridge can activate shame.

PARENT ON A RAMPAGE

“I wish you had never been born”

“You’re always getting into trouble”

“You will never amount to anything”

“There is just something wrong with you”
“When I was in school I never settled for anything less than straight "A"s”

“If you want me to be proud of you son you will have to do a little better than this”
“You know we live in a small town”

“If I call the doctor, pretty soon the whole town will know”

“What will people think of us”
MY EXPERIENCE OF SHAME

Withdrawal

Attack Other

Avoidance

Attack Self

THEORETICAL KNOWLEDGE

Head Down

Red Face

Hunched Shoulders

Closed Posture
Naming the shame helps to release the bind that shame has over people (Loader, 1998).

*When did you start feeling this way?*

*Describe how your body experiences the feeling?*

*Tell me more about the feeling*

NAMING FEELINGS
CREATING THE RIGHT RELATIONSHIP
MANAGING EXPECTATIONS AND LIMITATIONS

Realistic Expectations
Thank you for listening and participating

Any Questions?

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