The language of shame

How to move our clients to courage, self-compassion and connection - based on the research of Dr. Brené Brown
Shame is...
Hello,
my name is...
The Daring Way™ method is based on the research of Brené Brown, Ph.D. LMSW. Dr. Brené Brown is a research professor at the University of Houston Graduate College of Social Work. She has spent the past twelve years studying vulnerability, courage, worthiness, and shame. Her groundbreaking research has been featured on PBS, NPR, CNN, and Oprah Winfrey’s Super Soul Sunday.


Brené’s 2010 TEDx Houston talk “The Power of Vulnerability” is one of the top ten most viewed TED talks in the world, with over 14 million viewers. Additionally, Brené gave the closing talk at the 2012 TED conference, where she talked about shame, courage, and innovation.

Further information is available at www.breenebrown.com
The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was designed for work with individuals, couples, families, work teams, and organizational leaders. It can be facilitated in clinical, educational, and professional settings. During the process we explore topics such as vulnerability, courage, shame, and worthiness. We examine the thoughts, emotions, and behaviors that are holding us back and we identify the new choices and practices that will move us toward more authentic and wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead.
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<td>What brought you here?</td>
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<th>Loneliness</th>
<th>Confusion</th>
<th>Depression</th>
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<td>Rejection</td>
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<td>Discontent</td>
<td>Desperation</td>
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Container Building
Fears and Concerns

Response

- doubt/anxiety/won't work
- judgement
- not understand
- being vulnerable (not perfect)
- Crying
Container Building
Successful experience?

Response

- Skills/coping tools
- Understand triggers
- Different than before
- Connected
- Fun/play/joy
- Working at my recovery
- Feelings
Container Building

What supports do you need?

- Honsety
- no judging
- understand me
- show up for me
- feedback
Container Building Boundaries?

Response

- Confidentiality
- Free of judgment
- Feedback (understanding/no advice)
- Honesty
- Acceptance
- No shame
Trust

Session one: How do we earn trust?

How do I earn it?

- Marble Jar

Trust - you first
“VULNERABILITY IS THE BIRTHPLACE OF LOVE, BELONGING, JOY, COURAGE, EMPATHY, ACCOUNTABILITY, AND AUTHENTICITY.”

BRENE BROWN
Physics of Vulnerability

1. If we are brave enough often enough enough enough, we will fall; this is the physics of vulnerability.

2. Once we fall in the service of being brave, we can never go back.

3. This journey belongs to no one but you, no one successfully goes it alone.

4. We’re wired for story.

5. Creativity embeds knowledge so that it can become practice.
Physics of Vulnerability

6. Practicing Shame resilience is the same process whether your navigating personal or professional struggles

7. Comparative suffering is a function of fear and scarcity

8. You can’t engineer an emotional, vulnerable, and courageous process into an easy, one-size-fits-all formula

9. Courage is contagious.
Vulnerability

Vulnerability is....

Vulnerability feels like...

I grew up believing vulnerability was...

Think about the last time you did something

Brave. What role did vulnerability play?
Vulnerability

- https://www.youtube.com/watch?v=AO6n9HmG0qM
Vulnerability is:

- Definition
- Uncertainty, risk and emotional exposure
- Myths
- Paradoxes
Empathy Vs. Sympathy

Attributes
Theresa Wiseman/ Kristen Neff

Relationship between Shame and Vulnerability
Empathy vs. Sympathy

https://www.youtube.com/watch?v=1Evwgu369Jw
Shame

Define shame in your own words
Shame

Embarrassment  Failure  Self resentment
Criticism        Punishment  Weakness
Secrecy          Painful    Depression
Anxiety          Alcohol    Fear
Self defeat       Paralyzed  “Unforgiveness”
Worth issues     Unwanted    Damaged
Toxic
Shame

The intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging
Definitions

Shame

Guilt

Embarrassment

Humiliation
and Blame

- https://www.youtube.com/watch?v=RZWf2_2L2v8
Shame

- Shame is in every room
- Comparison
- Scarcity

Never _______ enough
Shame

Comparison is the thief of happiness

-Laura Williams
Shame - Color

Black  *  Grey
Pink  Red  *
Maroon  Orange
Green
Shame- Smell

Salty
Rotten egg
Needles
Dumpster juice

Vomit
Goo
Mud
Shame- Smell

Body odor
Mold
Wet Socks
Landfill

Rotten
Skunk
Burnt
Decay
Shame

Physiological response to shame
Physiological Response to Shame
Physiological Response to Shame
Physiological Response to Shame
Physiological Response to Shame
Shame- not me

Does shame have to be about something I’ve done, something I’ve failed to do, or something that happened to me?

Sometimes there are no specific moments that we can point to, but instead there are experiences (how we engage and operate in a world that isn’t perfect) that we must consider.
Shame resilience

- What are my triggers?
- How do I want to be perceived?
- How do I not want to be perceived?
Shame
Messages
Stereotypes
Expectations
Elements of being brave

Worthiness- I am enough

Shame- The petri dish

Vulnerability- To truly be seen and connected

Courage- Willingness
Shame Resilience

- https://www.youtube.com/watch?v=TdtabNt4S7E
Bringing it together

Trust

Vulnerability

Empathy - Sympathy

Shame Guilt Embarrassment Humiliation.... Blame

Physiology of shame

All by ourself - our with out doing anything

Perception - wanted/unwanted

Being brave and resilliance
Shame

Shame = fear + blame + disconnection

Resilience is walking thru shame with:

Courage - Compassion - Connection

and cultivate authenticity
Whole hearted living

Daily practice:

Courage - Compassion - Connection
Thank you

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