

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...

Brené Brown

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 is the author of two #1 *New York Times* bestsellers: *Daring Greatly: How the*

Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead (2012), and *The Gifts of Imperfection* (2010). She is also the author of *I Thought It Was Just Me* (2007).

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.

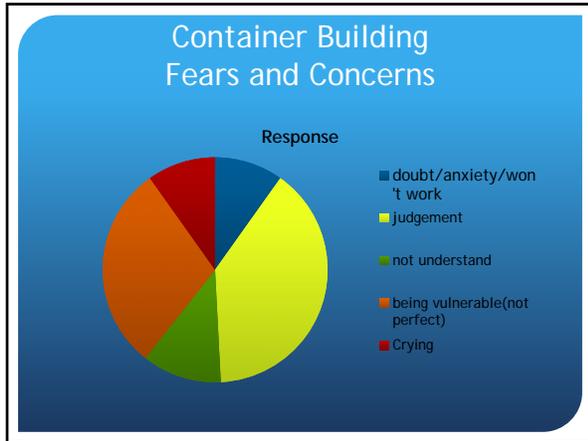
Further information is available at www.brenebrown.com

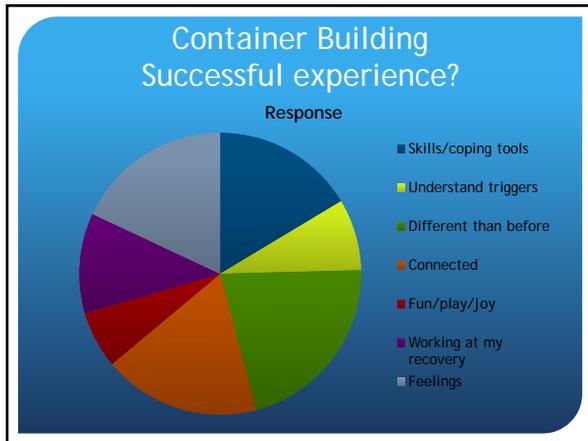
About the Daring Way™

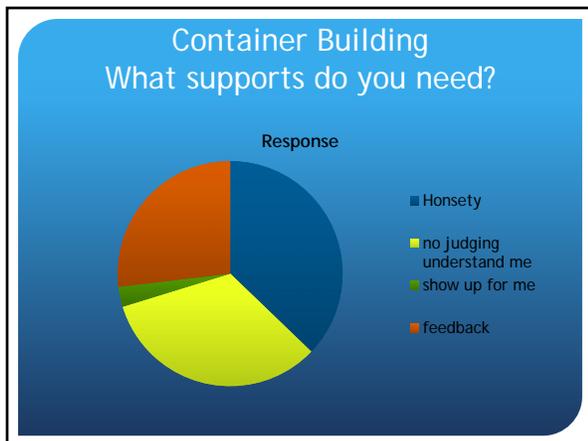
The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was designed for work with individuals, couples, families, work teams, and organizational leaders. It can be facilitated in clinical, educational, and professional settings. During the process we 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

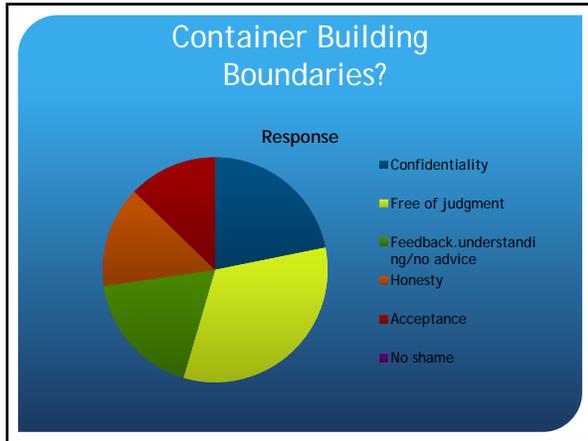
Container Building What brought you here?

- | | | |
|-----------------|-------------|------------|
| Loneliness | Confusion | Depression |
| Shame/guilt | Despair | Insecurity |
| Purposelessness | Resolve | Isolation |
| Fear | Exhaustion | Terror |
| Grief | Helpless | Vulnerable |
| Rejection | Hopeless | |
| Discontent | Desperation | |









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."

RENÉ BROWN

Physics of Vulnerability

- 1. If we are brave enough often 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 and emotional, vulnerable, and courageous process into and 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=1EwWgu369Jw>

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	Vomit
Rotten egg	Goo
Needles	Mud
Dumpster juice	

Shame- Smell

Body odor	Rotten
Mold	Skunk
Wet Socks	Burnt
Landfill	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

Show Up Be Seen Live Brave™

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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