

# SHAME DETOX

## HEALTHY VS TOXIC

Core Beliefs for Self-Worth, Belonging and Lovability



**Shame arises out of the wish to be loved. The wish to be loved is universal and it drives the whole train of shame.**

Christopher Germer, PhD

Shame involves a physiological response that tends to be so viscerally painful that we do almost anything to avoid feeling it, or make it go away if we are feeling it. Shame (also mislabeled as guilt) can feel like anxiety and depression mixed together. In fact, most maladaptive protective behaviors are due to subconscious attempts to avoid shame.

Shame is also our most complex and confusing emotion. It causes flashback and can be

unrelated to your current reality, stemming from others' shaming messages, internalized as Inner Critic's berating and hating beliefs.

Emotional Health Practices like Tearing Contracts, R.A.I.N, Inner Critic Work (CATCH) can help resolve shame-based beliefs. With awareness you can learn to work with shame in a healthy, balanced way so it can work for you, instead of against you - and no longer cause havoc on your life.

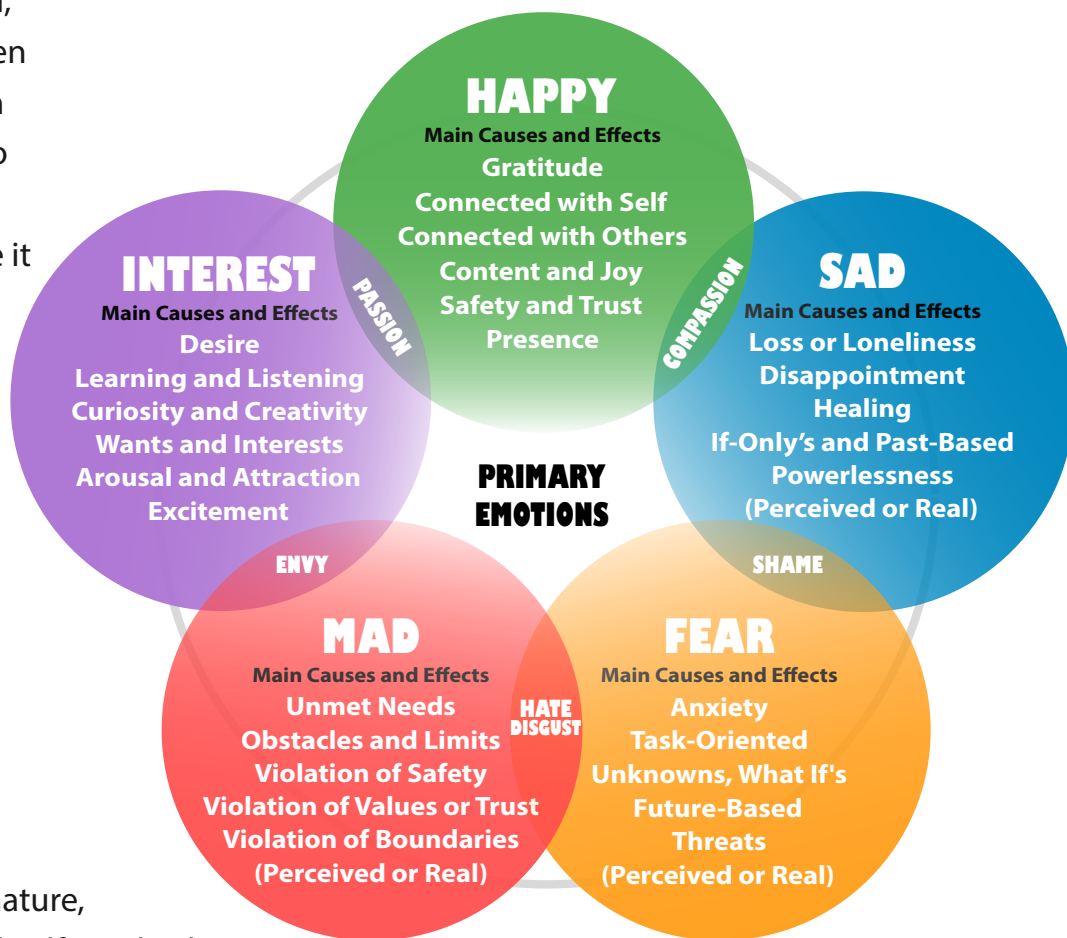
# SHAME

## WORTHINESS & BELONGING

Shame is an essential, healthy emotion when you are working with it, instead of trying to avoid, suppress, self-medicate it, or blame it on others.

Shame is a social emotion, its a blend of Sad and Fear, as its a possible threat (Fear) to your sense of belonging and worthiness, and thus feelings of loss and loneliness (Sad).

Shame needs your mature, Self-Compassion and Self-Leadership to process it, learn lessons from regrets, evaluate your needs, wants, sense of purpose (that you decide upon) and understand your real belonging needs so you can make a solid action plan to get your needs met.



# AUTHENTIC SHAME WORKS WITH YOU



## AGREED TO CONSCIOUSLY

Based on your genuine morals, values, rules, goals and boundaries, you have, at some point, thought about and agreed to by choice.



## ALIGNED WITH YOUR GOALS

Aligned with who you are and want to be. For example, if you want to limit yourself to one dessert a day, you will feel Authentic Shame if you eat more than one.



## GUIDES AWAY FROM HARM

Guides you away from harmful choices and impulses. Felt when you have violated, or about to violate an authentic value, moral, or goal.



## BALANCED AND REALISTIC

Authentic Shame is clean, clear, balanced, healthy and realistic. It entails goals that are attainable and 100% within your power to accomplish.



## LIFTS WITH PROCESSING

When you process, learn, redirect or take corrective action for a regret or wrongdoing, Authentic Shame lifts with relief and self-forgiveness.



## SEEKS HEALTHY CONNECTION

Shame's job is to ensure connection. Healthy Shame and remorse help you behave in ways that foster healthy relationships, respect, purpose and belonging.

# MURKY TOXIC SHAME WORKS AGAINST YOU



## ABSORBED SUBCONSCIOUSLY

Subconscious rules, roles, labels and beliefs ('contracts') rooted in childhood, experiences, trauma, relationships, familial, societal and cultural programming.



## BASED ON OTHERS' EXPECTATIONS

Based on who and what you've been (not who are authentically), on how you perceive others perceive you, and how you think they want you to be (very confusing).



## BERATES YOU INTO BEHAVING

Blasts with self-criticism to get you to do or not do something. Triggers anxiety, reactivity and maladaptive ways (fight, flight, freeze, fawn) to avoid shame.



## IMPOSSIBLE AND UNREALISTIC

Confusing, unrealistic, extreme, all-or-nothing. I need to always be happy, giving, perfect, pleasing, in control, #1, etc. to be enough, lovable or respectable.



## UNRELENTING AND NEVER SATISFIED

Fueled by Inner Critic, no matter how right, perfect, nice, good, pretty, successful or selfless you are, it won't let you feel lovable, worthy or good enough.



## SEEKS MISGUIDED CONNECTION

Unfortunately if you don't know how to allow yourself to feel worthy of being cherished, valued and protected, you may settle for toxic, even abusive connection.

**It's the shaming message or the contract that creates the problem. Shame helps us live up to the morals and ethics we've agreed to, so the work is not to get shame to shut up or go away. It's to make sure that our morals, ethics, and agreements are current, appropriate, and realistic.**

Karla McLaren, MEd

# TEARING CONTRACTS SHAME DETOX


## Identify Shaming Beliefs that May Not Be Serving You Well

This practice allows you to identify your 'contracts' (beliefs, rules, internalized agreements, opinions, familial and societal expectations) and the "shaming should's" you unconsciously believe to be true.

Once unveiled, you have the power to consciously decide which of these beliefs, or 'contracts,' you want to keep and which you want to discard, or figuratively 'tear up.'

Think of this as cleaning up your unconscious filing cabinet, by choosing which 'contracts' are AUTHENTIC (aligned with your true values and aspirations, and your highest good) versus INAUTHENTIC (internalized but not consciously agreed to).





**Burning Contracts is an emotional practice that helps you identify unconscious agreements and behaviors, and release them consciously.**

**Karla McLaren, MEd**

## Navigating Shame, Behaviors and Choices

What behaviors or choices come to mind when you think of things you've been doing over and over, that have been causing harm, trouble, resentment, frustration or pain in your life? Freewrite your thoughts that come up. The more you list, the better.

What do these behaviors/choices say about you as a person? What do you say to yourself about these behaviors/choices?

What kind of harm, pain, resentment, disappointment, or frustration have they caused? Describe.

**Choose one behavior, choice or pattern from above, to work with for the following questions**

Is this behavior or choice aligned with your genuine value system, or is it going against your values?

Which values?

Is there any part of this behavior or choice that you're personally ok with but it's become an issue due to fear or others' expectations of you? If so what about it is genuinely acceptable to you if you weren't feeling judged or judging yourself?

What do you fear will happen if you continue this behavior or choice over and over?

What new ways of being and behaving could you choose to feel good about this aspect of your life?

What do you fear could happen if you change and choose a new way of being and behaving (even small fears)? Who or what could possibly be disappointed if you choose this new way?

Until now, why haven't you already been choosing this 'better' way of behaving and being?

Imagine you're now doing things differently, making new choices and no longer repeating the same behaviors and choices that brought you pain or frustration as described above. What has changed in your life? Describe in detail.

How do these new behaviors or choices feel? Describe specific emotions/feelings. How would you feel about yourself?



# EMOTIONAL EXPECTATIONS, BELIEFS, SHOULD'S AND RULES

How do you believe you're SUPPOSED to feel or how should you handle emotions?

Examples: I should be happy or energetic all the time. Sad is a sign of weakness or a disorder. Feeling angry is bad. If I feel hopeless or disappointed, I am a mess. I should not feel anxious around people. I should trust everyone. I should feel comfortable around strangers or even people who have wronged me.

## POSSIBLY INAUTHENTIC SHAME

### WHAT I THINK I SHOULD/SHOULDN'T BELIEVE

This includes what you've been taught to believe or have just believed this for whatever reason up until now.

**Example:** I shouldn't feel angry at anyone.

## AUTHENTIC SHAME

### WHAT I REALISTICALLY WANT TO BELIEVE

What you feel is right based on your values or from what you've learned. This could be the same or different than the left column.

**Example:** Anger is a normal emotion that detects a violation, an unmet need or a needed boundary.

# INTELLECTUAL EXPECTATIONS, BELIEFS, SHOULD'S AND RULES

How are you supposed to think? Are you more interested in concrete facts or exploratory imagination? Are you supposed to think positive at all times. Should you be a realist, pessimist, or optimist? Should you only think about the future instead of pondering the past? Should you only have nice thoughts about everyone? Is accepting reality important or should you deny reality and only think happily?

## POSSIBLY INAUTHENTIC SHAME

### WHAT I THINK I SHOULD/SHOULDN'T BELIEVE

This includes what you've been taught to believe or have just believed this for whatever reason up until now.

**Example:** I should be a realist.

## AUTHENTIC SHAME

### WHAT I REALISTICALLY WANT TO BELIEVE

What you feel is right based on your values or from what you've learned. This could be the same or different than the left column.

**Example:** I want to be a realist.

# PHYSICAL/FINANCIAL EXPECTATIONS, BELIEFS, SHOULD'S AND RULES

What beliefs do you have about appearance? What should your ideal career be? What is financial health? What do you need to look and act like to be considered acceptable, lovable, good-looking? Ideal weight? What should you be doing to impress others? What is success vs failure? What do you need to feel good in life? What should your dreams and goals be? What should your daily life be like?

## POSSIBLY INAUTHENTIC SHAME

### WHAT I THINK I SHOULD/SHOULDN'T BELIEVE

This includes what you've been taught to believe or have just believed this for whatever reason up until now.

**Example:** I should be fine with just enough money to get by.

## AUTHENTIC SHAME

### WHAT I REALISTICALLY WANT TO BELIEVE

What you feel is right based on your values or from what you've learned. This could be the same or different than the left column.

**Example:** I want to feel worthy of financial health so I can travel and help my family and charities.

# RELIGIOUS/SPIRITUAL EXPECTATIONS, BELIEFS, SHOULD'S AND RULES

Are you living in alignment with your belief system? Are there aspects to your belief system you expect yourself to believe, but don't? What are your expectations for yourself about practicing your spirituality? Do you feel you're supposed to be peaceful all the time? Do your beliefs or lack thereof make you feel guilty? Do you feel the sense of belonging regardless of your belief system?

POSSIBLY INAUTHENTIC SHAME	AUTHENTIC SHAME
<p><b>WHAT I THINK I SHOULD/SHOULDN'T BELIEVE</b> This includes what you've been taught to believe or have just believed this for whatever reason up until now.</p>	<p><b>WHAT I REALISTICALLY WANT TO BELIEVE</b> What you feel is right based on your values or from what you've learned. This could be the same or different than the left column.</p>
<p><b>Example:</b> I should go to church every Sunday.</p>	<p><b>Example:</b> I truly want to go to church every Sunday.</p>

# RELATIONAL EXPECTATIONS, BELIEFS, SHOULD'S AND RULES

What do you expect relationships or friendships to be like? What should family be like? How should you be with co-workers? Currently single or not, what do you expect a relationship to be? What beliefs do you have about love? How do you expect your current or future partner to be? How much should a couple disagree? How should you deal with conflict? What do you expect trust to feel like?

## POSSIBLY INAUTHENTIC SHAME

### WHAT I THINK I SHOULD/SHOULDN'T BELIEVE

This includes what you've been taught to believe or have just believed this for whatever reason up until now.

**Example:** I should not have needs. I need to be fine with just giving and giving, and making sure my wife is happy.


## AUTHENTIC SHAME

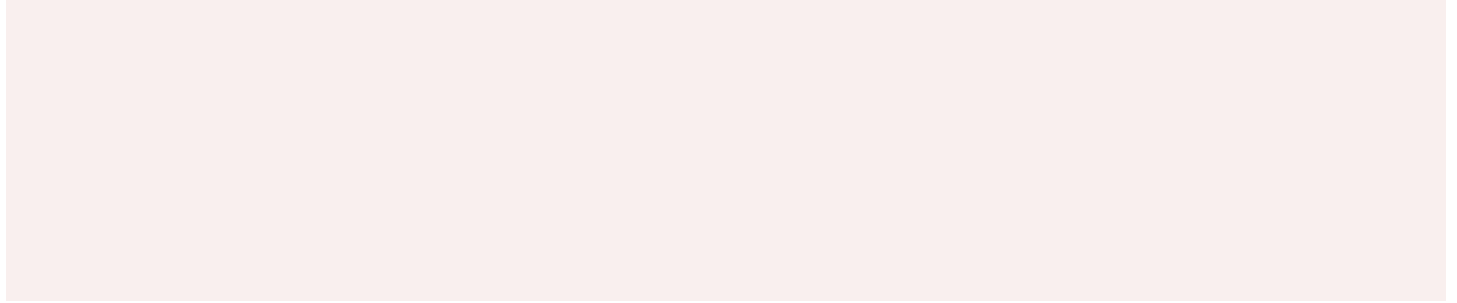
### WHAT I REALISTICALLY WANT TO BELIEVE

What you feel is right based on your values or from what you've learned. This could be the same or different than the left column.

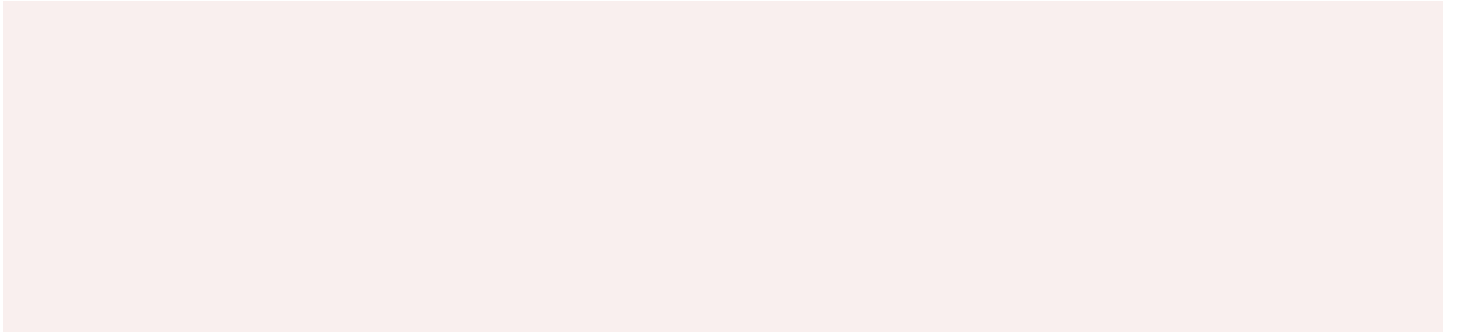
**Example:** I want to be able to communicate my needs clearly so my wife has the opportunity to give to me so I can feel loved.


## Navigating Shame, Expectations and Beliefs

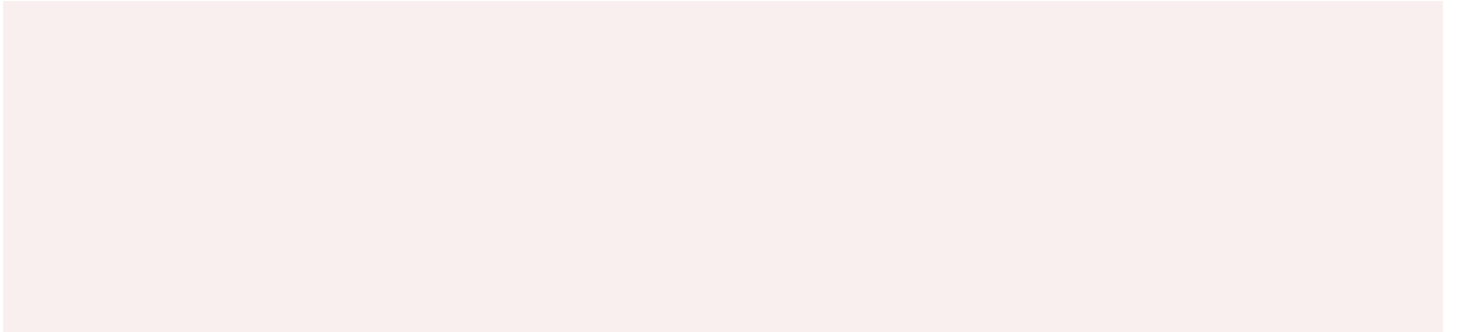
What expectations or beliefs do you have about yourself, whether true or not, that have been causing harm, trouble, resentment, or pain in your life?



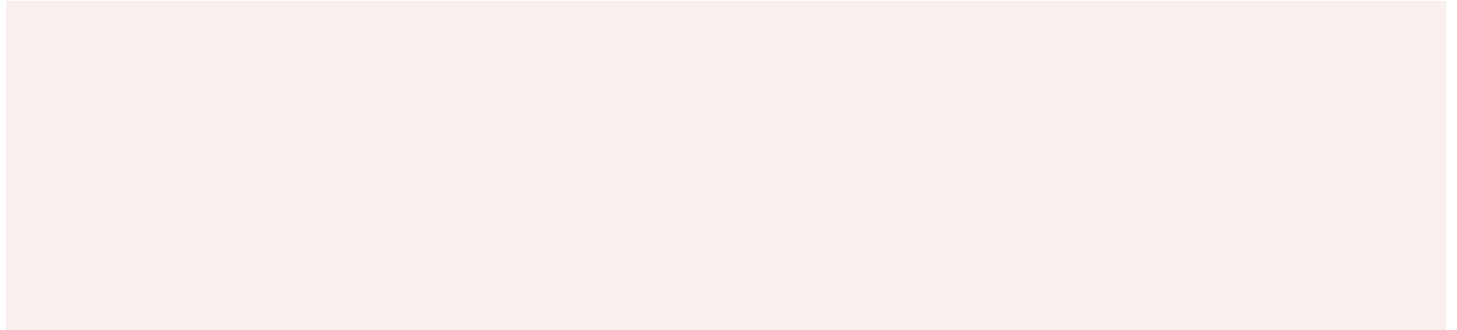
What is the first memory you have of having similar expectations or beliefs about yourself? How old were you?



What do you fear may happen if you no longer had these expectations or beliefs?



Is there an aspect to these expectations or beliefs that is aligned with your values, needs or genuine desires in life?



From what you've written in pages above, what expectations, rules and beliefs may be causing more harm than good?

Describe how these expectations, rules, beliefs ('contracts') have caused harm or distress to you or those you care about.

What do you think would happen if you no longer agreed to these 'contracts'?

Would you modify or change any of these 'contracts' to more balanced, realistic and aligned with your values and highest good?

How would they change so they are Authentic Shame (healthy rules and expectations) instead of Inauthentic Toxic Shame?