

Shame: the energy that feeds addiction

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Biological + Psychological + Social + Spiritual
Vulnerability Liability Isolation Bankruptcy
Resiliency Flexibility Connection Presence

plus

EXPERIENCE

equals

Addictive Disease
Recovery

Biological + Psychological + Social + Spirituality
Vulnerability Liability Isolation Bankruptcy
Resiliency Flexibility Connection Presence

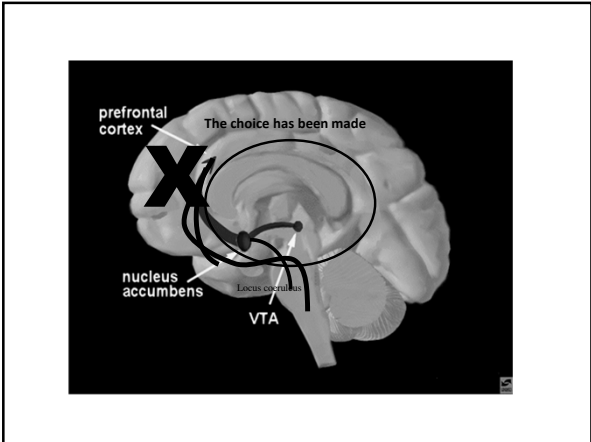
plus

experience

equals

Addiction
Biological Domain

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- No pain or discomfort is allowed
- Pharmacological friends
- Alienation from healthy peer groups

Isolation
 We are herd animals.

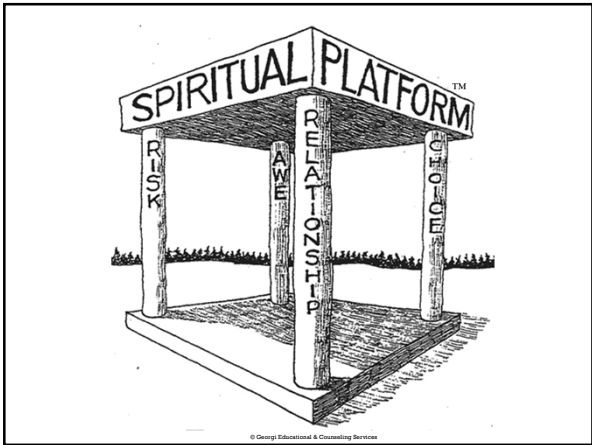
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Biological Vulnerability Resiliency	+	Psychological Liability Flexibility	÷	Social Isolation Connection	+	Spirituality Bankruptcy Presence
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plus
experience
 equals

Addiction Spiritual Domain

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Spirituality

- Spirituality is not defined by the content of our lives but by the experience of life's process as we live it.

Biological	Psychological	Social	Spiritual
Vulnerability	Liability	Isolation	Bankruptcy
Resiliency	Flexibility	Connection	Presence

plus

EXPERIENCE

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Addictive Disease
Recovery

Biological	Psychological	Social	Spiritual
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plus

EXPERIENCE

equals

Addictive Disease
Psychological Domain

Psychology of Shame

- Shame gives energy to the biological domain.
- Defining Shame: Using a Self Psychological frame - Heinz Kohut.
- His effort to combine the two extremes of the Freudian analytical continuum.
- Neo Freudians – Object relation theorists.

Psychology of Shame

the baby

boundless, powerful, magic vs. small, helpless, vulnerable
narcissistic, exhibitionistic, grandiose needs

Good Enough Parenting

- Mirroring
- Empathetic
- Attending
- Attuned
- Self object
- Strong
- Safe
- Consistent
- Soothing
- Self object

Parenting/object

Good Enough Parenting = appropriate frustration

- Needs met: transmuted and internalized.
- Healthy self esteem.
- Appropriate ambition.
- Enthusiasm for life.
- Sense of wholeness.
- Needs met: transmuted and internalized.
- Personal ideals.
- Ability to identify feelings.
- Internal safety.
- Ability to self soothe.

Still face

Healthy Attachment

Clear Boundaries

Cohesive Self

An acceptable level of shame

Psychology of Shame

the baby

boundless, powerful, magic vs. small, helpless, vulnerable

narcissistic, exhibitionistic, grandiose needs

Not Good Enough Parenting

failures in

- Mirroring
- Empathetic
- Attending
- Attuned
- Self object involvement
- Strong
- Safe
- Consistent
- Soothing
- Self object involvement

Parenting/object

Not Good Enough Parenting = inappropriate frustration
abuse or neglect

- Needs not met: not transmuted and internalized
- Feeling of inadequacy
- Emptiness
- Need for approval
- Critical of self/others
- Need to Control!
- Insecurity
- Ill defined sense of self
- Unclear personal values
- "Black/white" thinking
- Needs for external reassurance
- Inability to internally self soothe

Insecure Attachment
Unclear Boundaries
Fractured Sense of Self

SHAME
is always a gift



Shame

Shames shatters all forms of human connection.

we hide

we turn away –
down and to
the left

The Raw Power of Shame

- We are exiled from all we know
all we love
all we are
all we will be

All hope is lost

We are disconnected from ourselves

We are.....

Shame - Humiliation

Shame breaks all forms of connection

we lose face

Biology of shame

shame = ↑ stress =

glucocorticoid storm

the brain is traumatized

Frontal cortex goes off line

Limbic and primitive parts of the brain take over –



Psychology of Shame

- The shame affect has the ability to disrupt all mental activity.
- A shame “attack” forces us to consider who we were before the shame hit and to what we have to return to as the shame subsides.
- Shame forces a painful self-awareness which strips us of happiness and leaves us alone and naked in our emptiness.
- “An internal hemorrhage, an immediate shutter” (Sartre)

Psychology of Shame

Guilt

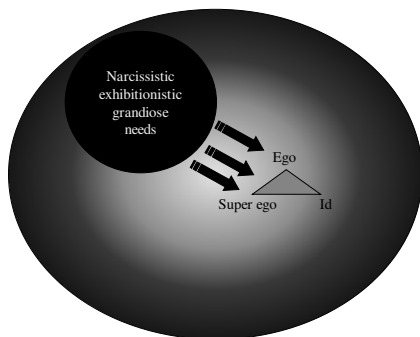
- **A little** guilt is a good thing.
- Total lack of guilt is pathological.
- Feeling guilty is about what you have **done**
NOT who you are.

Psychology of Shame

Shame

- The belief that at my core I am bad - therefore I must earn my value. "To be good I must do good."
- A need for constant external approval
- A persistent fear of punishment
- Nagging comparisons to others - "Do I measure up?"
- Extreme sensitivity the expectations of others.
- People pleasing
- Relational obligation

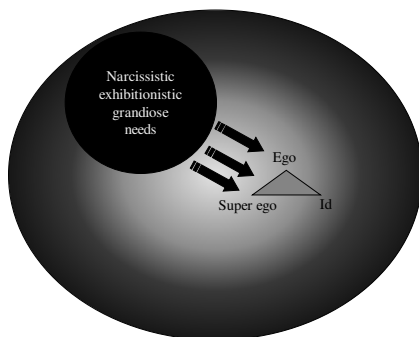
Psychology Shame



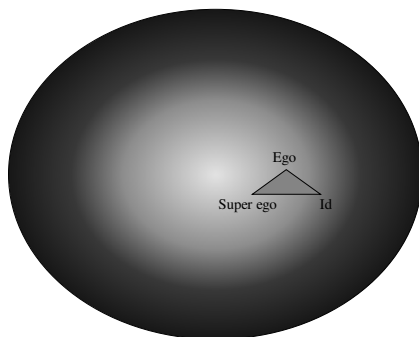
Psychology of Shame
Manifestation of False Self Structure

The Gift of shame gives birth to obligation which is always the safer side of freedom.

Psychology Shame



Psychology Shame



Psychology of Addiction

- Drugs of addiction, for the addicted, solve a fundamental structural problem within their psyche and they temporarily feel whole.
- The problem is that this fix is temporary and the behaviors, the lies, and broken promises give greater energy to the shame which then requires more “medication” just to survive.

Psychology of Shame

- You cannot out talk the limbic system.
- Greater need for external gratification and support.
- Sensitivity to the vulnerability of self.
- Awareness of the loss of affective (emotional) regulation.
- The fundamental failure of self care.
- Do not re-shame.

Treatment Implications

- The therapeutic relationship is of primary importance.
- Issues of “play” and fun in addition to spontaneity need to be addressed in treatment.
- Group interventions need to be safe and need to bring the patients into the “here and now.”
- **Modified Interpersonal Group Psychotherapy**

Treatment Implications

- We can change what we know by appealing to our reason and intellect.
- We can change how we behave – some of the time – by learning new skills.
- We can change who we are and how we respond only by allowing ourselves to be loved and to love unconditionally over time.

“Because we are,
I am.”

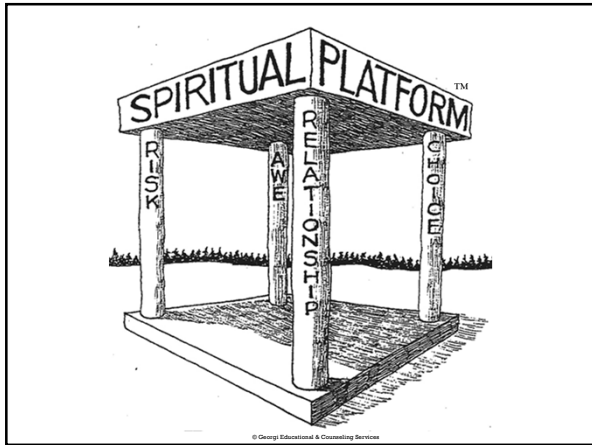
Treatment Implications

- Emphasis needs to be placed on issues of competence not just on the problems.
- We need to re-introduce the word “love” into our clinical practice.
- Need is shame based, particularly in relationships and personal aspirations.
- Wanting is more motivating than needing

Treatment Implications

Help them find their shame story.

Don't forget the family!



Treatment Implications
Commitments to Self

- Be alive
- Be aware
- Be intentional
- Be self-loving

Treatment Implications

What do we do?

Love

is ultimately the only true antidote to shame.

We must have the courage to operationalize the word love into our professional lexicon and love our patients through healthy boundaries so they in time may love themselves.

- The wounded child within our psyche is not a “pool of relational pollution” that can be drained, filtered and refilled through introspection and insight. Rather this pain in the psyche is like a storm within the ocean of the unconscious.
- A seasoned sailor never makes the mistake of confusing the sea with a placid pool (that can be life threatening). Through patience, awareness, intention and the shared wisdom of community, the sailor does not shrink the ocean but learns to navigate it - learns when to find safe harbor in the face of the approaching storm - learns to accept and to use the storm itself as an integral part of the ocean’s wonder, life and mystery.



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