

Title:

The Purpose Of Shame

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718

Summary:

Many people on a healing path have found it extremely challenging to heal their shame. Yet when

Shame is the feeling that there is something basically wrong with you. Whereas the feeling of

Keywords:

shame, controlling behavior, core shame, self improvement, self help, personal growth

Article Body:

Many people on a healing path have found it extremely challenging to heal their shame. Yet when

Shame is the feeling that there is something basically wrong with you. Whereas the feeling of

At some early point in our lives, most of us absorbed this false belief that causes the feeling

Once we establish our core shame belief, we become addicted to it because it serves us in two

1) It gives us a feeling of control over other people's feelings and behavior.

As long as we believe that we are the cause of others' rejecting behavior, then we can believe

2) It protects us from other feelings that we are afraid to feel, and gives us a sense of control

As bad as shame feels, many people prefer it to the feelings that shame may be covering up ~ 1

If you are finding it difficult to move beyond shame, it is because you are addicted to the feeling

You will heal from your shame when:

1) You are willing to accept that others' feelings and behavior have nothing to do with you. When

2) You are willing to feel your authentic feelings rather than cover them up with anger or shame

Control and shame are intricately tied together. When you give up your attachment to control a

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