

# SHAME AND GUILT: THERE IS A WAY OUT

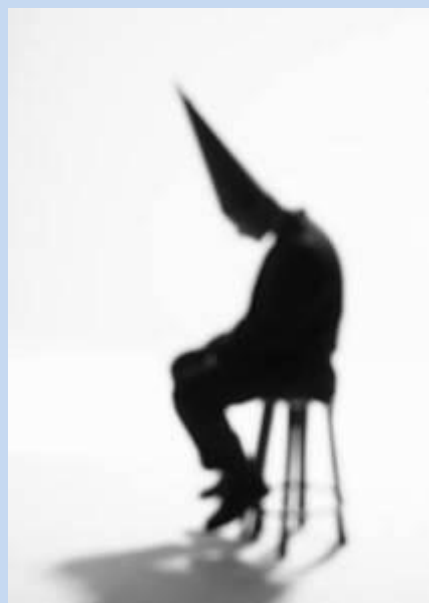
Monday 40 January 2012 10am – 5pm : only £65

## SHAME

Shame is a *painful emotion caused by a strong sense of embarrassment, unworthiness, or disgrace.* We feel shame when we think that we **are** bad.

Shame is not talked about much in our society even though it is a problem that kills; it kills relationships, spontaneity & creativity and it kills through depression, addictions and suicides.

Not only does shame *lead to* addictions, but it often becomes an addiction in itself; as the body starts becoming so used to the chemicals of the feeling of shame it often starts craving it's 'shame fix' – just like it craves alcohol, food or nicotine.



***What most people don't understand is that feeling ashamed is often the only way shame-based people know to love themselves!***

**The biggest obstacle to healing shame is shame itself.**



## GUILT

*Guilt*, on the other hand, is the feeling we get when we think we did something bad.

As with shame, long-felt feelings of guilt also undermine the healing process itself – as people who feel this way usually start believing that they do not deserve to heal.

## WHY UNRESOLVED GUILT AND SHAME IS A PROBLEM

Guilt and shame are typically feelings that we want to avoid at all costs; no surprise then that we try to cover it up with food, sex, busy-ness, overwork or addictions.

Unless these feelings get processed or released it can turn toxic and lead into a downwards spiral where

- ✓ It leads to *distorted thinking* (e.g. “no-one could love me as I am”, “I am fundamentally bad and unlovable”)
- ✓ ...which begs for *mood alteration* (acting out, addictions, rituals)
- ✓ ...which leads to *consequences* (hung over, relationships ending, losing job)
- ✓ ...**which fuels the guilt and shame.**

## HEALING SHAME

Even though EFT is known for ‘one-minute wonders’, deep personal shame rarely falls in this category; it usually takes perseverance, dedication and a deep desire to **want** to get better to heal it. And it can be healed – absolutely!

Shame about specific incidents can of course be released fairly quickly; to heal a deep inner core belief from ‘I am bad’ to ‘I am OK’ or ‘I am lovable’ may take more than a session!

Gillette & Moore’s identified four archetypes: Sovereign, Warrior, Magician and Lover. Overlaying their model with the Cliff Barry’s ShadowWork model ([www.shadowwork.com](http://www.shadowwork.com)), shame and guilt usually lies mainly in the ‘Magician’ quarter with an underlying shaming message of ‘**I am bad**’.

Apply healing tools that appeal to our inner magician is our best approach to heal shame; these include detachment, dissociation, appealing to the intellect (thinking rather than feeling), Matrix Reimprinting and humour.



Bennie is known for creating safe and fun learning and transformational events.

This is no seminar; come prepared to learn, work your stuff, play, laugh and cry ... and leave a lot lighter!