

# Understanding Shame

*Monitoring your values...*

*By: Christel Hughes, C.Ht.*

## SHAME

When we understand what shame supports us with in relationship, we can finally feel comfortable sharing our entire self with others in our lives.

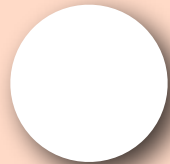
## Monitoring your values...

When we understand what shame supports us with in relationship, we can finally feel comfortable sharing our inner self with others in our lives.

Shame guides us to our inner reality and has us look at what we truly value. It supports us in determining what we find valuable enough to take a stand for.

When we experience shame, we can go inside and reevaluate our standards. We can make a premeditated choice of how to best handle a situation, challenge or experience.

Shame allows us to stay in integrity and prevents us from making messes in our life.



## Shame In Relationship:

Shame causes our internal energy to crumble. When we experience shame we need to take a look at why we feel we need to restrict our energy to the point of disappearing. Shame has us implode and fall apart... we don't feel as if we can stand up to a person or situation because we have caused a situation or done something that reflects a lack of value or self-worth.

Shame has us unable to bear the pain of the moment. It can leave us feeling powerless if we aren't in awareness of it as an indicator emotion.

ASK: What must be made corrected? Is the asking for forgiveness in order? Whose shame is this?

