

***VALUES AND THE WISDOM OF OUR GRANDMOTHERS***



# SHAME AND GUILT; MASTERS OF DISGUISE

***“Shame is so intense, and generates such powerful negative feelings towards the self, that the shamed individual is unable to derive self-esteem from within.”***

***William Cloke, Ph.D***

Jane Middleton-Moz  
*Shame and Guilt: Masters of Disguise*  
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# HEALING THE PAIN

Middelton-Moz

“People like me have lived in darkness for so long that the light seems wrong. We’ve known misery for so long that goodness and happiness produce overwhelming feelings of shame. Finally, after healing, I now know joy. I now know pride.” Male, age 40.



# Shame and Guilt; Masters of Disguise

**IT TAKES EIGHT YEARS OF LIFE TO DEVELOP EMOTIONAL/ PSYCHOLOGICAL BIRTH. CHILDREN TAKE FROM THE OUTSIDE AND BRING TO THE INSIDE THE BELIEFS ABOUT THEMSELVES SHOWN BY ADULT CAREGIVERS THROUGH THEIR WORDS, FEELING, ACTIONS AND/OR BEHAVIORS.**



# Shame and Guilt: Masters of Disguise

## TYPES OF SHAME

- **NEED SHAME**
- **FEELING SHAME**
- **BODY SHAME**
- **CHARACTER SHAME**
- **SEXUAL SHAME**
- **SHAME OF GIVING OR RECEIVING**
- **FAMILY SHAME**
- **CULTURAL SHAME**
- **ACCOUNTABILITY/RESPONSIBILITY SHAME**
- **SPIRITUAL SHAME**



# Shame and Guilt; Masters of Disguise

## SHAMING MESSAGES

**“I WISH YOU’D NEVER BEEN BORN!”**  
**“YOU’RE IN THE WAY!”**  
**“YOU DON’T BELONG.”**  
**“YOU’RE STUPID!”**  
**“YOU’RE A SISSY!”**  
**“YOU’RE A CRY BABY.”**  
**“NO ONE WILL WANT YOU AS YOU ARE.”**  
**“I WISH YOU’D BEEN A BOY.”**  
**“WHO DO YOU THINK YOU ARE?”**  
**“WHAT YOU THINK AND FEEL IS NOT IMPORTANT.”**  
**“YOU’RE THE CAUSE OF ALL OF OUR PROBLEMS.”**  
**“IF IT WASN’T FOR YOU”**

# Shame and Guilt: Masters of Disguise

**A CHILD MAY EXPERIENCE SHAME WHEN PARENTS AND OTHER ADULT CAREGIVERS INDICATE THROUGH THEIR WORDS AND/OR BEHAVIOR THAT A CHILD IS NOT WANTED.**

Jane Middleton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# **Shame and Guilt; Masters of Disguise**

## **TRIGGER**

*partner coming home late*

## **IMMEDIATE FEELINGS**

*jealousy/rage*

## **BODY RESPONSE**

*tense/tight*

## **BEHAVIORAL RESPONSE**

*pacing/screaming at her that he knows she's been with another man when she comes in.*

## **FEELINGS BLOCKED BY BEHAVIOR**

*inadequacy, vulnerability*

## **UNDERLYING SHAME**

*told from an early age that he was not wanted - that he was in the way*

Jane Middleton-Moz  
*Boiling Point; The Workbook*  
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# Shame and Guilt; Masters of Disguise

**WHEN A CHILD IS HUMILIATED IN PUBLIC,  
THE SHAME RESPONSE INCREASES.**



# Shame and Guilt; Masters of Disguise

**SHAME OCCURS WHEN DISAPPROVAL IS SHOWN TOWARD THE CHILD THAT IS AIMED AT THEIR ENTIRE BEING RATHER THAN A PARTICULAR BEHAVIOR OR A SPECIFIC ACTION.**

Jane Middelton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

**WHEN A CHILD CANNOT LIVE UP TO THE EXPECTATIONS OF HER/HIS ADULT CARETAKERS BECAUSE THE EXPECTATIONS ARE INCONSISTENT OR UNREALISTIC GIVEN THE CHILD'S DEVELOPMENTAL CAPABILITIES, THE CHILD FEELS THAT HE/SHE IS WORTHLESS, NOT LOVABLE, A "FAILURE", A "MISTAKE".**

Jane Middelton-Moz  
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# Shame and Guilt; Masters of Disguise

**WHEN A CHILD IS CONSISTENTLY BLAMED FOR THE ACTIONS OR EMOTIONAL STATES OF ADULT CAREGIVERS, BOTH SHAME AND DEBILITATING GUILT DEVELOP.**

Jane Middelton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

**WHEN TRUST IN IMPORTANT ADULT FIGURES IS DAMAGED OR DESTROYED THROUGH INCONSISTENCY OR NEGLECT, SHAME IS CREATED IN THE CHILD.**

Jane Middelton-Moz  
*Shame and Guilt; Masters of Disguise*  
Copyright: 1990



# OF KINGS AND QUEENS AND HAUNTED CASTLES

## TRIGGER

*breakup with  
girlfriend*

## IMMEDIATE FEELINGS

*depression*

## BODY RESPONSE

*shutdown*

## BEHAVIORAL RESPONSE

*suicide attempt*

## FEELINGS BLOCKED BY BEHAVIOR

*anger*

## UNDERLYING SHAME

*childhood abandonment and neglect;  
lost child*

Jane Middelton-Moz  
*Boiling Point; The Workbook*  
Copyright 2000



# Shame and Guilt; Masters of Disguise

**WHEN A CHILD'S EMOTIONAL OR PHYSICAL BOUNDARIES ARE VIOLATED AS OCCURS IN PHYSICAL OR SEXUAL ABUSE, SHAME IS CREATED IN THE CHILD.**



Jane Middelton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

**WHEN A CHILD MUST HIDE A PART OF HER/HIS BEING IN ORDER TO BE ACCEPTED, SHAME IS CREATED IN THE CHILD.**

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*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

## TRIGGER

*daughter being diagnosed with diabetes*

## IMMEDIATE FEELINGS

*rage*

## BODY RESPONSE

*tense/tight*

## BEHAVIORAL RESPONSE

*blames wife for child's illness  
starts a fight/ hits her*

## FEELINGS BLOCKED BY BEHAVIOR

*vulnerability/powerlessness/fear*

## UNDERLYING SHAME

*growing up with domestic violence  
"if you cry, I'll give you something to cry about"  
shut off fear and vulnerability at an early age*

Jane Middelton-Moz  
*Boiling Point; The Workbook*  
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# Shame and Guilt; Masters of Disguise

**WHEN A CHILD FEELS THAT PARENTS OR MEMBERS OF THE FAMILY ARE “FLAWED” COMPARED TO OTHER ADULT FIGURES IN THE WORLD, SHAME DEVELOPS.**

Jane Middelton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

**WHEN ADULTS IGNORE OR TREAT INDIFFERENTLY  
EVENTS OR GIFTS THAT ARE IMPORTANT TO THE  
CHILD, THE CHILD FEELS INTENSE SHAME.**



Jane Middleton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

**WHEN A CHILD IS MADE TO FEEL UNWANTED,  
UNLOVABLE, FLAWED, OR WORTHLESS IN THE  
BROADER WORLD OF SCHOOL OR COMMUNITY,  
SHAME DEVELOPS IN THE CHILD.**

Jane Middleton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

**WHEN A CHILD FEELS BY COMPARISON THAT HIS/HER PARENTS ARE DIFFERENT THAN OTHER POWERFUL FIGURES IN THE WORLD OUTSIDE THE HOME, THE CHILD MAY BEGIN TO FEEL SHAME REGARDING THE FAMILY AND THUS SHAME OF SELF.**

Jane Middleton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

**WHEN PARENTS OR OTHER ADULT CAREGIVERS USE SILENT DISGUST AS A WAY OF DISCIPLINING A CHILD'S BEHAVIOR, THE CHILD FEELS THAT HER/HIS ENTIRE BEING IS BAD. WHEN SILENT REJECTION IS USED AS A PUNISHMENT, THE CHILD CANNOT REPAIR THE RELATIONSHIP WITH THE ADULT.**



# Shame and Guilt; Masters of Disguise

**WHEN A CHILD GROWS UP WITH ADULTS WHO ARE  
ASHAMED AND FEEL POWERLESS IN THE WORLD, THE  
CHILD ALSO FEELS SHAME AND A LACK OF POWER.  
SHAME IS CONTAGIOUS.**



Jane Middelton-Moz  
*Shame and Guilt; Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

- **I AM:**
- **LIFE IS:**
- **PEOPLE ARE:**
- **THEREFORE, I WILL:**

Jane Middleton-Moz  
*Shame and Guilt: Masters of Disguise*  
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# Shame and Guilt; Masters of Disguise

## BYPASSED SHAME

- RAGE
- PERFECTION
- EXTERNAL LOCUS OF CONTROL
- BLAMING
- WITHDRAWAL
- LATERAL VIOLENCE
- CONTEMPT
- JEALOUSY
- LIVING IN IMAGE
- NEED FOR POWER
- DEBILITATING GUILT
- ISOLATION
- ATTEMPTING TO BE INVISIBLE
- ENVY



# SHAME RELAPSE DYNAMIC

## AFTER RELAPSE: SHAMEFUL

*"I'm no good"*

*"I'm weak"*

*"I'm out of control"*

*"I'm not acceptable"*

*"I'm a failure"*

*"I'm worthless"*

## GETTING SOBER: SHAMELESS

"I will be perfect"

"I will not make mistakes"

"I will be superhuman and help everyone"

"I will be on top of things"

"I will be tireless, fearless"

## BEHAVIORS LEADING TO RELAPSE:

POWERFUL

JUDGEMENTAL

SELF-RIGHTEOUS

CAN'T LIVE UP TO STANDARDS SET

PLOM

DEPRESSED/ANGRY/CRITICAL/INADEQUATE



## **COMPULSION TO REPEAT:**

- **The one who is humiliated becomes the one who humiliates.**
- **The one who is humiliated hurts and humiliates themselves.**
- **The one who is humiliated seeks out relationships where humiliation continues.**

***Talking it out and feeling it out ends acting it out.***

Jane Middleton-Moz

*Shame and Guilt; Masters of Disguise*



# SHAME AND GUILT; MASTERS OF DISGUISE

**THOSE WHO ARE SHAMED CONTINUALLY SEEK THEIR WORTH EXTERNALLY, OFTEN THROUGH RELATIONSHIPS. UNFORTUNATELY, FINDING SELF-ESTEEM OUTSIDE THE SELF IS IMPOSSIBLE. THE FANTASY NEVER MATCHES THE REALITY. NO ONE CAN LIVE UP TO THE FANTASY IDEAL:**

**“ SOMEDAY I WILL FINALLY FALL IN LOVE WITH SOMEONE WHO WILL MAKE ME FEEL GOOD ABOUT MYSELF.”**

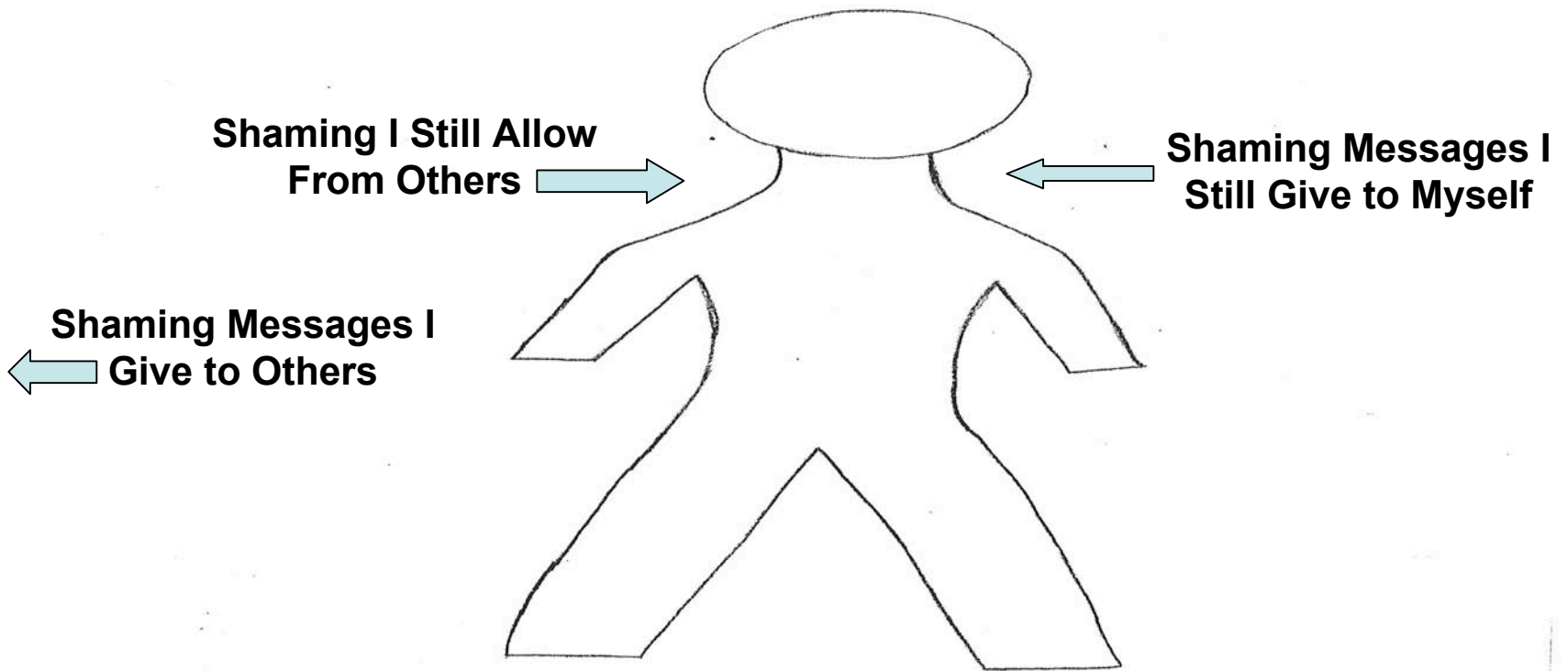
Jane Middleton-Moz  
*Shame and Guilt: Masters of Disguise*  
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# OF KINGS AND QUEENS AND HAUNTED CASTLES

***THE GREATEST BARRIER TO OUR OWN HEALING IS NOT THE PAIN, SORROW, OR VIOLENCE INFLICTED UPON US AS CHILDREN AND YOUTH. OUR GREATEST BARRIER IS OUR ONGOING CAPACITY TO JUDGE, CRITICIZE AND BRING HARM TO OURSELVES AND OTHERS.***

***CHILDREN RAISED IN PAIN LEARN TO TRUST WHAT IS PAINFUL.***

Jane Middelton-Moz  
*Shame and Guilt: Masters of Disguise*  
Copyright: 1990



# THE JOURNEY FROM SHAME TO SELF-WORTH

- “WHAT’S WRONG WITH ME??”
- “IF I COULD ONLY DO IT BETTER THEY WOULD LOVE ME.”
- “I’M A VICTIM.”
- “I’M A SURVIVOR”.
- “I’M A HUMAN BEING!”



Jane Middleton-Moz  
*Shame and Guilt; Masters of Disguise*  
Copyright: 1990



# THE WILL TO SURVIVE

**“WHEN THE WINTER IS SEVERE, THE PINE TREES  
IN THIS ANCIENT LAND STAY GREEN  
THROUGHOUT THE YEAR. IS IT BECAUSE THE  
EARTH IS WARM AND FRIENDLY? NO, IT IS  
BECAUSE THE PINE TREE HAS WITHIN ITSELF A  
LIFE RESTORING POWER”**

**Ancient Chinese Proverb**



**SURVIVORS, FAR FROM DEFEATED BY THE TRAUMA OF ABUSE, HAVE A STRONG AND RESILIENT NATURE:**

- CONTINUALLY SEEKING HEALTH**
- COMPASSION**
- “HUMAN DOINGS”**
- **HAVE WONDERFUL HUMOR**
- SPIRITUALITY**
- PAIN INTO ACTION**
- CREATIVITY**
- TENACITY**
- DETERMINATION**



# CONSCIOUS CONFLICT

## GROUND RULES

- **WHEN TIME OUT IS TAKEN, IT IS REALLY A TIME OUT**

**Don't watch violent or provocative T.V. during time out**

**Don't drink alcohol, do drugs, or fill up on sweets**

**Don't obsess about issues in your mind and become more worked up**

**Do something relaxing or energizing/ meditate, take a walk, etc.**



# CONSCIOUS CONFLICT

- **LISTEN WITHOUT MINDREADING**
- **WATCH YOUR LANGUAGE:** Avoid “Never” and “Always”
- **DON'T THROW OF CATCH “HOT POTATOES”**
- **WHENEVER POSSIBLE, APOLOGIZE BLAMELESSLY**
- **“Miracle-Gro” ON THE COUPLE’S TREE: “I’m sorry. I was wrong. Please forgive me.”**
- **DON'T INTERRUPT**

Middelton-Moz, Tener and Todd  
*The Ultimate Guide to Transforming Anger*  
Copyright: 2004



# CASTLES WITHOUT GHOSTS

## HEALTHY RELATIONSHIPS

- **A NEW DANCE:** *Awareness of the dance we are teaching our partner.*
- **PASSION IN THE RELATIONSHIP:** *Tending the Fire*
- **TWO WAY TRAFFIC:** *Equal Yet Different*
- **THE ART OF COMPROMISE:** *Win – Win*
- **HONEST COMMUNICATION:** *Without Blame or Judgment*
- **RELATIONSHIPS ARE WORK:** *Willingness to Work Through Issues, Not Burying or Ignoring Them.*
- **GOING THE DISTANCE:** *Commitment*

# LIVING IN BALANCE

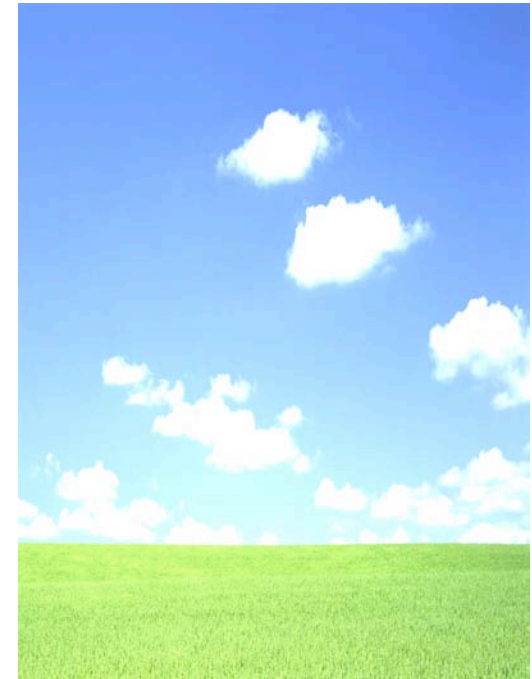
Jane Middleton-Moz

## MENTAL:

- Clear and responsible thinking
- Ability to make healthy choices and decisions
- Alert and aware
- Cognitive life raft
- Present and aware

## EMOTIONAL:

- Full range of emotional expression
- Healthy boundaries
- Speaking the truth
- Responsible and accountable
- Healthy communication
- Support systems: “Two way traffic”
- Anger into action
- Self, family, community, world



# LIVING IN BALANCE

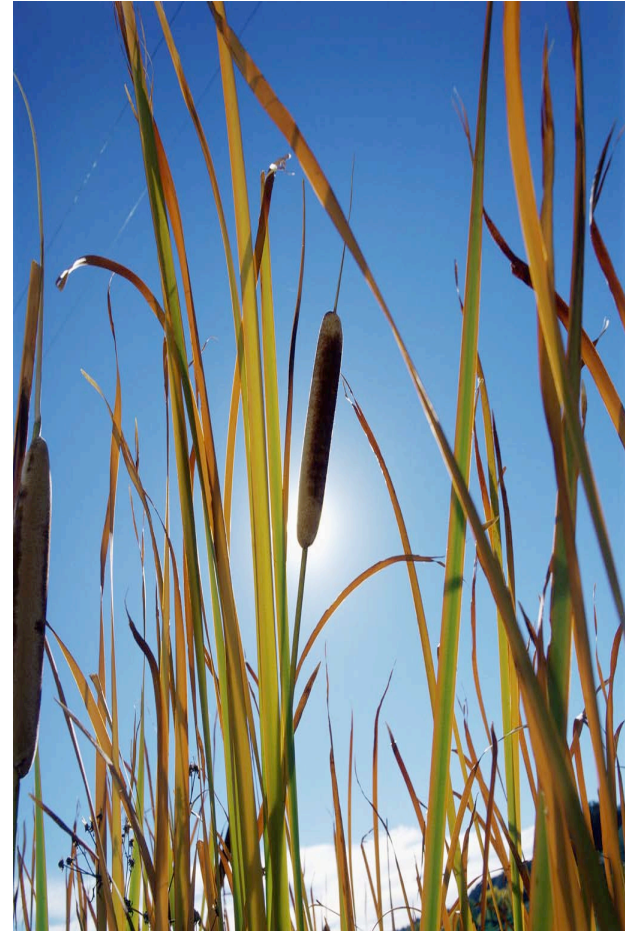
Jane Middleton-Moz

## PHYSICAL:

- Healthy eating habits
- Regular exercise
- Getting enough sleep
- Knowing what your body is telling you
- Addiction free living

## SPIRITUAL:

- Humility
- Finding the sacred in the ordinary
- Inter-dependency/ Circle of support
- Ceremony, ritual and rites of passage
- Pride in culture
- Time spent with self and creation



# We Were Born to Live We Were Born to Love

