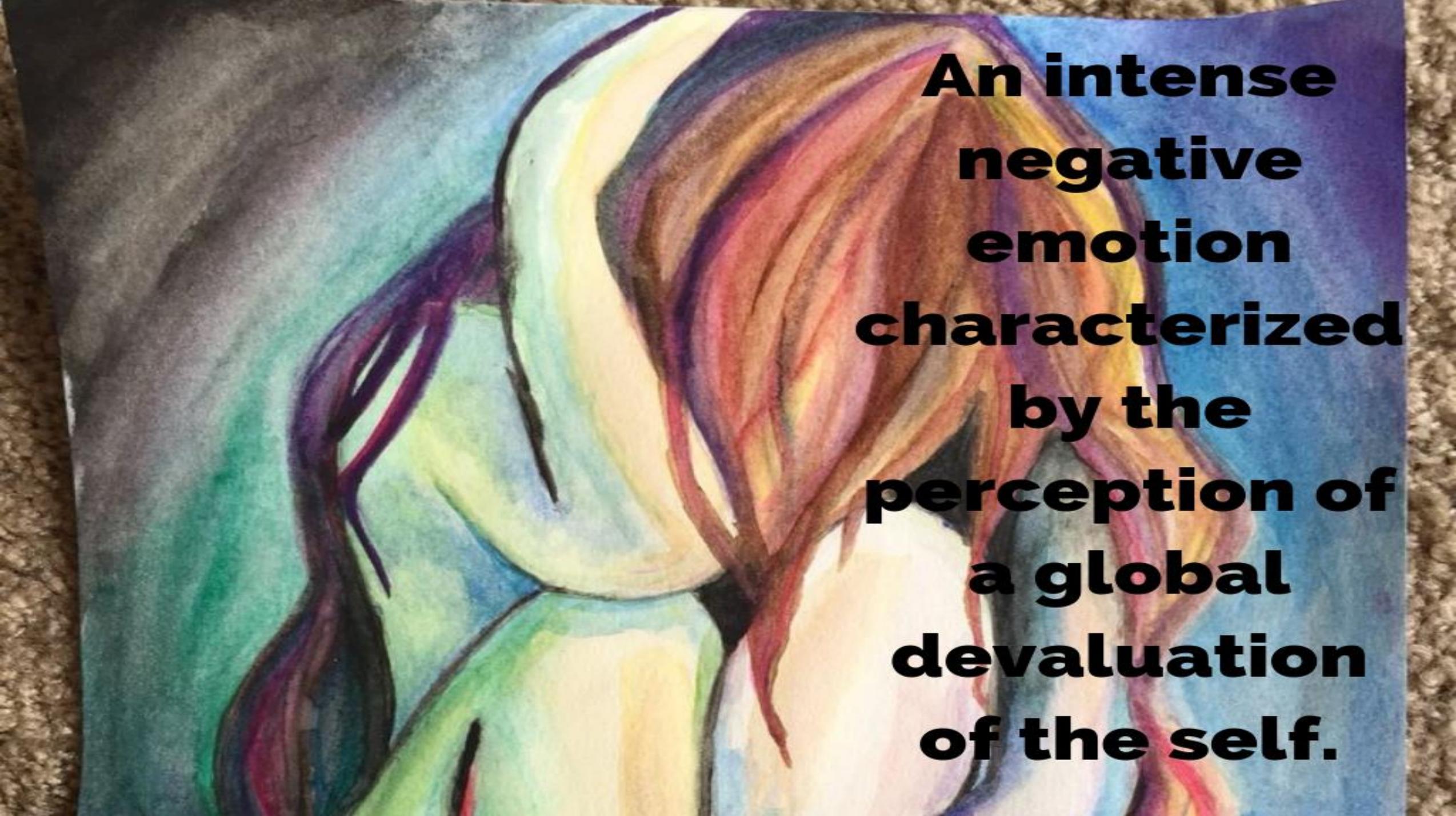


# The Unacknowledged Emotion of Shame

and its relationship to aggression

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**An intense  
negative  
emotion  
characterized  
by the  
perception of  
a global  
devaluation  
of the self.**

# Shame versus Guilt

Shame exists as the result of an individual's global self-evaluation, while guilt is more specific to offensive acts committed.

Once shame is internalized then it becomes a deficit. This happens when the youth perceives the strained experience as being shameful and responds with an attribution that the self is worthless, a failure, or inadequate.

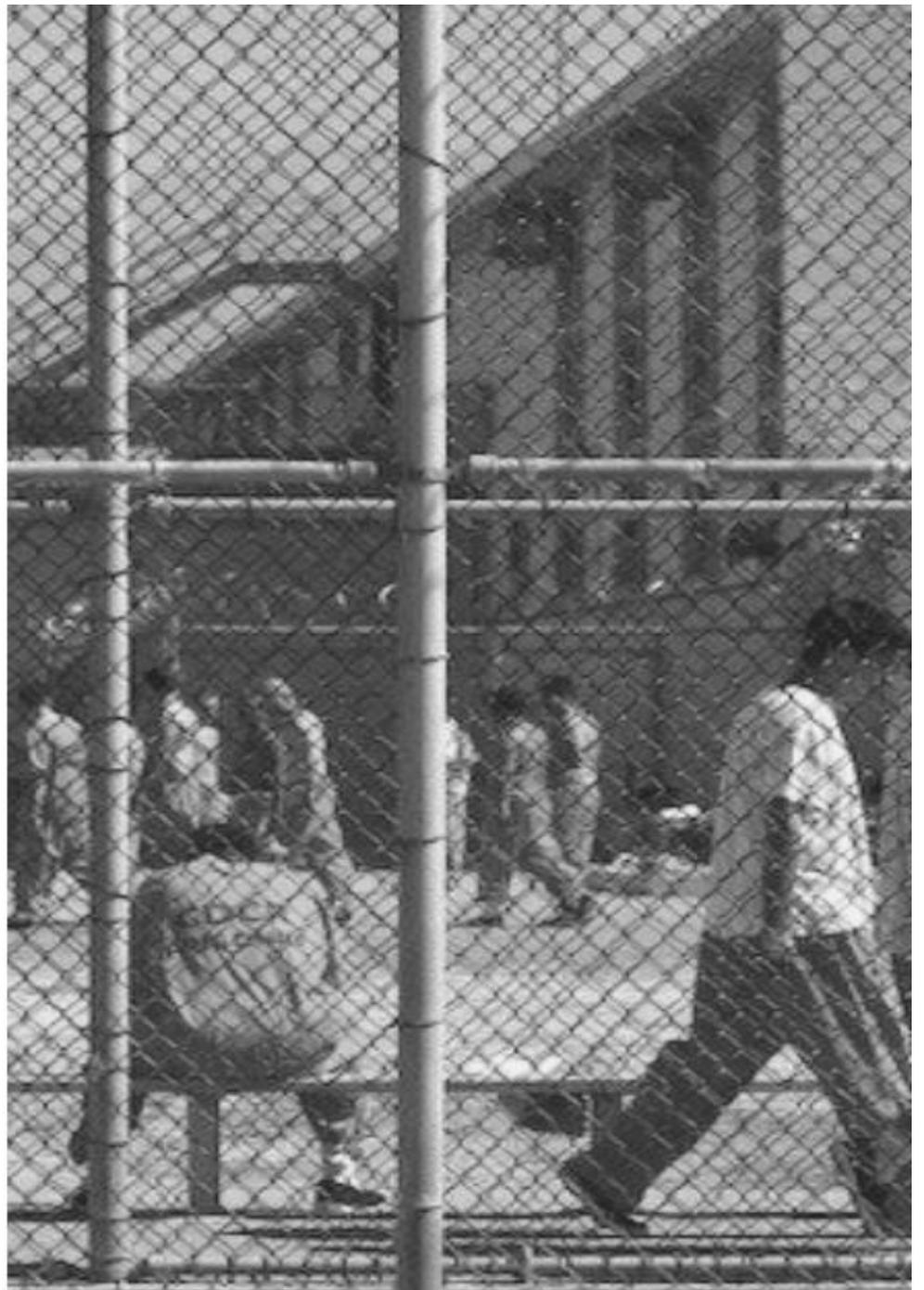
Self blame leads to increased anger and hostile attitudes.

# Constant shaming leads to...

A deadening of feeling

Cold and numbness

Mortification





**VIOLENCE IS THE  
ATTEMPT TO  
REPLACE SHAME  
WITH SELF-ESTEEM**

"You would not believe  
how much respect you  
get when you bust some  
guys face"

RATED TV-MA





Pre-  
Meditated  
Aggression

VS

Aggression  
related to  
anger

# Vignette 1

## **student**

- 17 years old
- Disruptive Mood Dysregulation Disorder
- Disruptive Impulse Control/Conduct Disorder
- ADHD
- Current Suicidal and Homicidal ideation
- Family of 10 (3 have same 2 parents)
- Blew out of the class, and into the hallway. Walked up and down the hallway for 10-15 mins. refusing to transition, and denying all coping mechanisms and assistance. Began flipping the lights of the hallway off and on continuously refusing to move from the lights (causing other students to be distracted from learning)

## **First Day Principal**

- Wants the school day to go perfect
- Attempting to implement new rules, procedures and protocols
- Stayed in the hallway to assist staff and teachers with students having difficulty
- Wanted to do the greatest good for the greatest number....protect the fidelity of the school.
- After multiple requests over time to discontinue flipping the lights on and off and distracting the other students, the new principal positioned his body in-between the student and the lights.
- New Principal then attacked and struck multiple times.

# Early Adolescent Development



# Internalized Shame Scale

1=Never – 2=Seldom – 3=Sometimes – 4=Frequently – 5=Almost Always

How often do you feel the following:

- I feel like I am never quite good enough
- I think that people look down on me
- I see myself as being very small and insignificant
- I feel intensely inadequate and full of self-doubt
- I feel as if I am somehow defective as a person
- When I compare myself to others I am just not as important
- I see myself striving for perfection only to continually fall short
- I would like to shrink away when I make a mistake

# Shame Event Checklist

Did you do something wrong or bad today or did you make a mistake while other people were watching?

Did you accidentally do something awkward or unusual today while other people were watching?

Did other people show today that they were unsatisfied or disappointed with you, or did you feel that they were unsatisfied or disappointed with you?

Did other people show today that they found you strange or stupid, or did you feel that they thought about you in such a way?

Did other people ridicule or make fun of you today?

Did other people hear or see something about you today that you wanted to remain a secret?

# Nine Domains of the Mind

Consciousness

Vertical

Horizontal

Memory

Narrative

State

Interpersonal

Temporal

Transpirational





**I versus Me**

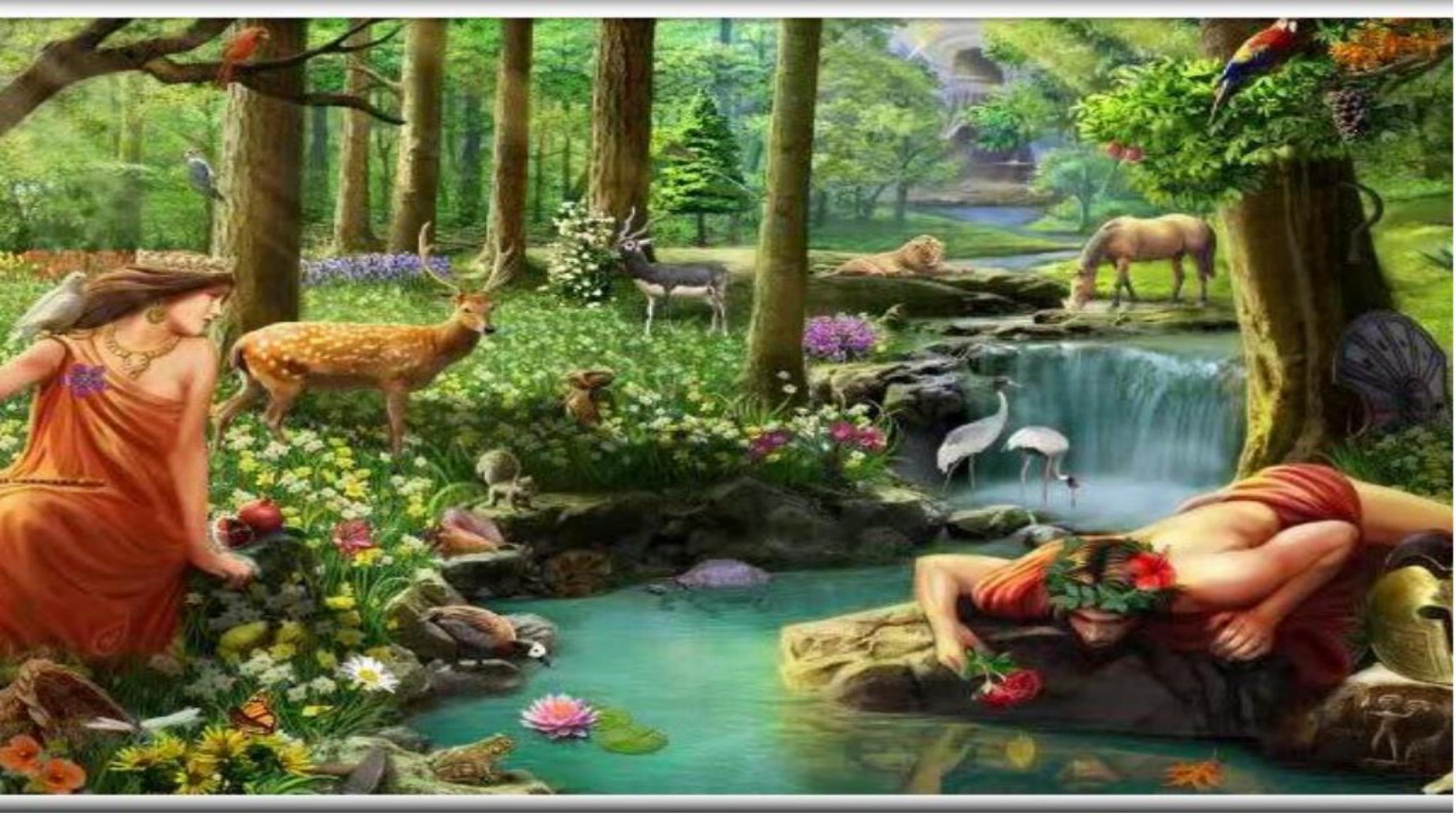


THE  
STORY  
I TELL  
MYSELF  
ABOUT  
MYSELF

# Two Ways to Manage the Painful Emotion of Shame

- Escape
  - Hide under a rock and disappear
  - Avoid eye contact
  - Physically shrink the self
  - Apologize for not living up to social standards

- Humiliated Fury
  - A shift from anger toward self to anger toward others
  - Vent in destructive and aggressive ways
  - An ego protective function
  - Save face
  - Gain a renewed sense of control



# Narcissists

Narcissists are Shame  
Prone

Likely to experience  
frequent and intense  
shame in their day to day  
lives

Are highly aware of how  
social situations reflect on  
their identity, because they  
have inflated self-  
standards

Narcissists lose esteem  
quickly when they are  
negatively viewed by  
others

Violence most commonly  
occurs when favorable  
views of self are  
threatened

Individuals with inflated  
and unstable beliefs in  
personal superiority are  
most likely to commit  
aggressive and violent acts

# Attachment

- The process by which the immature infant brain accesses and utilizes the strength of the mature adult brain in order to learn how to organize and regulate itself.....
- The process of learning how to regulate depends on the brain of another human being.



**Pro-Social  
strategies to assist  
with shame,  
narcissism, and  
aggression**

# Healing Shame

- First of all:
  - Do not use strategies aimed at enhancing a person's self-esteem. (there is no evidence of aggression linked to self-esteem)
- Dialectical Behavior Therapy –
  - Instead, work toward a non-defensive self-concept that harbors both positive and negative aspects of the self.
    - Which are acquired by unobstructed processing with the student, where the student is aware of self and can act freely.
- Forgiveness Therapy
  - Help students learn through and through that their shame is not their fault.
  - Most shame-inducing experiences happened to these students early in their life before they had many choices in the matter.
  - Help students face shame and experience it and incorporate it.
    - These are only painful memories...not imperious demons. They cannot hurt you again like before. Tell student's they have survived their shame.
    - The shame-bound person clings to his or her image. Work toward helping students let go of ego. Point out the differences between behavior to be corrected and beliefs about themselves.
- Respond vs. React
  - Responding leads to remorse which leads to repair and healthy attachments with others are more likely to take place.
- Mindfulness Activities
  - Resourcing – Regulating – Hold the experience in compassion – Reflection - Repairing



# Shame and Race

- For hundreds of years Blacks have lived with Black Shame