

Takeaways for the Spain Shame Workshop

Understand shame as:

- Action – *shaming* – the motivated, relational behavior of a protective part
- State of being – *shameful* – the burdened state of exiled parts

Understand that shaming is used externally to:

- Regulate the shamer's self-esteem by inflating it in comparison to a belittled other
- Control and dominate another person
- Profit

Understand that shaming is used internally to:

- Improve or banish the exile and protect the individual's familial/social connections.
- Control firefighter parts.

Understand this about shaming:

- Shaming is toxic for relationships.
- Shaming parts (inner critics) may not retire even if they calm down.
- And that's okay – they just need to stay securely connected with the Self.

Understand this about exiles:

- By unburdening exiles, we help ourselves and our clients go from *I am bad* back to *a bad thing happened to me*.

Understand this about guilt:

- Guilt can be adaptive or maladaptive guilt
- We want to validate the adaptive guilt and challenge maladaptive guilt.

Understand this about feelings:

- Feelings are information not burdens
- Parts with intense feelings get stuck with strong feelings because of burdensome beliefs. The beliefs (I'm unlovable, I'm worthless) are the burdens. The Self disconfirms the beliefs, and the feelings change when the burdens go.

Healing

- We can be safely embodied even when parts have strong negative feelings. We do not want to control or change our parts.
- In IFS we ask parts to unblend.
- When parts unblend, we feel compassion. Self-compassion heals. It is the opposite of self-shaming.

For healing to occur, parts in all roles (exiles and protectors) need understanding and validation to disconfirm their sense of shamefulness.