Layers of Shame

OURWARD SYMPTOMS OF SHAME

BEHAVIORAL COVER-UPS (Transfer of shame by acting abusive)

MASKS

PRIMARY EGO DEFENSES

HIDDEN SHAME

THE REAL ME

Ingestive Addictions

Fears

Perfectionism

Life Roles

Dysfunctional Family Roles

Criminality

Activity Addictions

Jock

Envy

Judgmental

Identification

Repression

Sex Roles

Religious Addiction

Mother Image

Fantasy Bond

Criticism

Physical Violence/ Offender Victim Bonding

Delusion

Abandonment Trauma

Events That Cause Shame Imprints

Enabling

Idealization

Sexual/ Abuse Offender -Victim Bonding

Approval Seeking

Denial

Lost Child

Rage

Teacher

Conversion

Abusive Caretakers

Projection

Displacement

Mascot

Control

Dissociation

Blame

Alienation

Nurse

Hero

Victim Mentality

Eating Disorders

Caretaking

"Big Daddy"

Scapegoat

Rescuing Power

Condescending

Moralizing Righteousness

Feeling Addictions

Love/Hate Relationships

Re-enactment