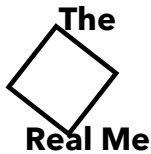




Layers of Shame Definitions



Created in God's Image, a diamond in the rough.

Layer #1 Hidden Shame

Abandonment Trauma

Experienced by a child who is emotionally or physically deserted by a parent.

Abusive Caretakers

Adults who demonstrate abusive behavior of any kind to a child.

Layer #2 Ego Defenses

Conversion

Compensating for abuse by converting feelings and needs into certain compulsions and addictions.

Delusion

Really believes a thing as one way, when it was another.

Denial

Refusal to face reality

Displacement

Replaces traumatic happenings with other vaguely similar happenings, such as nightmares.

Disassociation

A form of instant numbing that includes distracting imagination, linked with denial.

Fantasy Bond/ Idealization

False connectedness that the child created in relation to the primary caregiver, who is shaming him/her.

Identification

The victim relating with the persecutor in order not to feel the helplessness and humiliation of the victimization.

Repression

The way children numb out when they don't feel their emotions; stuffing feelings

**Projection**

Victims attribute their own disowned feelings, wishes, needs and drives to others.

Layer #3 Masks

Big Daddy

Controlling authority figure.

Enabler

The significant other person of an addict, who enables that addict to stay sick, by enabling him to escape the consequences of his destructive behavior.

Hero

Thinks that by being perfect he can cause family problems to go away.

Jock

Athletic life-focus.

Lost Child

Isolates and withdraws from all meaningful relationships.

Mascot

Thinks that by being funny he can cause family problems to go away.

Mother Image

Caretaker, problem-fixer, knows what's best.

Nurse

Taking care of those in pain.

Scapegoat

Rebels against family problems until he and others believe he is the problem.

Sex Roles

Prostitute, homosexual, transvestite, etc.

Teacher

Rescuer of children.

Layer #4 Behavioral Cover-Ups

Approval Seeking

Always trying to please others while inwardly resenting them at the same time.



Blame	Always someone else's fault.
Caretaking	Driven, caring activities that distract from feelings of inadequacy.
Condescending	Treating others with contempt, looking down on someone else, talking about others behind their backs.
Control	Dominating other people, having to be right all the time.
Criticism	
Enabling	Preventing another from facing the consequences of their destructive behavior.
Envy	Jealousy or discomfort with the excellence or good fortune of another; sometimes disguised as the exact opposite.
Judgmental	When seeing others' faults, pronouncing them guilty and condemning them. Tend to be guilty (inside) of the same things.
Moralizing	Pointing out and preaching at others' sins, without acknowledging my own.
Perfectionism	Cannot make or tolerate mistakes, driven to perfect performance.
Rage	
Rescuing	Compulsively trying to fix people and their problems or pain.

Layer #5 Outward Symptoms of Shame

Activity Addictions	Driven to perform certain activities.
Alienation	



Criminality	Criminal behavior resulting from repressed feelings, plus identification with the aggressor, then repressing memory of the trauma.
Eating Disorders	Gluttony, anorexia, bulimia, compulsive overeating.
Fears (Uncontrollable)	Expecting and waiting for the betrayal and humiliation that is "sure to come;" interpreting innocent events as personally threatening; living constantly on guard.
Feeling Addictions	Compulsive use of feelings, such as having to be in love all the time.
Ingestive Addictions	Alcohol, drugs, smoking, snuff, etc.
Love/Hate Relationships	Intense relationships where you love a person and hate them at the same time; vacillate between wanting them to stay, and wanting them to leave.
Physical Violence/ Offender-Victim Bonding	One person abuses another physically, after which the victim defends the offender.
Re-enactment	Repeatedly entering into destructive and shaming relationships, which repeat early abusive trauma, doing to others what was done to you as a child.
Religious Addiction	Using religious activity to hide from inward shame.
Sexual Abuse/ Offender-Victim Bonding	One person abuses another sexually, after which the victim defends, or covers for, the offender.
Victim Mentality	An avoidance of personal responsibility for any difficulty in life.