

SHAME / GUILT

Shame and guilt fit the facts of a situation whenever:

- A.** You will be rejected by a person or group you care about if your personal characteristics or behavior are made public.
- B.** Your behavior violates your own values or moral code

Follow these suggestions when there is minimal risk of rejection and there are no moral violations:

OPPOSITE ACTIONS for Shame

Do the **OPPOSITE** of your action urges. For example:

1. **MAKE PUBLIC** your personal characteristics or your behavior (with people who won't reject you).
2. **REPEAT** the behavior that sets off shame over and over (without hiding the behavior from those who won't reject you).

ALL-THE-WAY OPPOSITE ACTIONS for Shame

3. **NO APOLOGIZING** or trying to make up for a perceived transgression.
4. **TAKE IN** all the information from the situation.
5. **CHANGE YOUR BODY POSTURE.** Look innocent and proud. Lift your head; "puff up" your chest; maintain eye contact. Keep your voice tone steady and clear.