

SHAME

FITS THE FACTS of a situation whenever:

- You will be rejected by a person or group you care about if your personal characteristics or behavior are made public.



Action Urge: Hide/avoid

Opposite Action: Tell the secret to people who will accept it

When your Shame is **NOT JUSTIFIED** by the facts, or when acting on the emotion urge would **NOT BE EFFECTIVE**, use **OPPOSITE ACTION**:

OPPOSITE ACTIONS FOR SHAME:

Do the OPPOSITE of your Shame action urges.

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.



When Shame is **NOT JUSTIFIED** by the facts, or when acting on the emotion urge would **NOT BE EFFECTIVE**, but **GUILT IS JUSTIFIED** (your behavior does violate your own moral values):

OPPOSITE ACTIONS FOR SHAME:

Do the OPPOSITE of your Shame Action Urges

Example:

1. **MAKE PUBLIC** your behavior
 - (with people who won't reject you).
2. **APOLOGIZE** for your behavior.
3. **REPAIR** the transgressions, or work to prevent or repair similar harm for others.
4. **COMMIT** to avoiding that mistake in the future.
5. **ACCEPT** the consequences gracefully.

ALL-THE-WAY OPPOSITE ACTIONS FOR SHAME:

6. **FORGIVE** yourself. Acknowledge the causes of your behavior.
7. **LET IT GO**.

I SURE DIDN'T MEAN
TO DO THAT!

