

# Shame

“Guilt says I’ve done something wrong; shame says there *is* something wrong with me. Guilt says I’ve *made* a mistake; shame says I *am* a mistake. Guilt says what I did was not good; shame says I *am* no good.” -John Bradshaw

“Shame is the lie someone told you about yourself.” -Anais Nin

“Shame is soul eating.” -Carl Jung

“We determine who we are through the eyes of those we love.” -Bowlby

Thoughts based in shame are a distraction to keep us from feeling what we feel. Shame thrives in a good/bad, right/wrong, black/white duality.

“Believing we are flawed and therefore unworthy of acceptance and belonging.” -Brenè Brown

