

# Redeeming Shame

*An Introduction to Shame Resilience*

*Rob LeLaurin, Clinical Counselor*

*Moody Counseling Services*  
counselingservices@moody.edu

Shame is an “intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.”

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

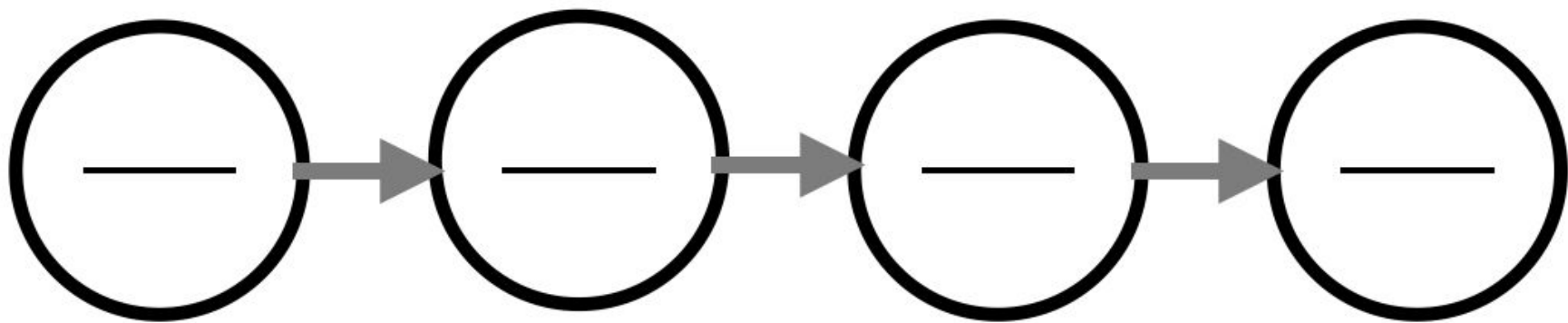
**Hebrews 12:1-2**

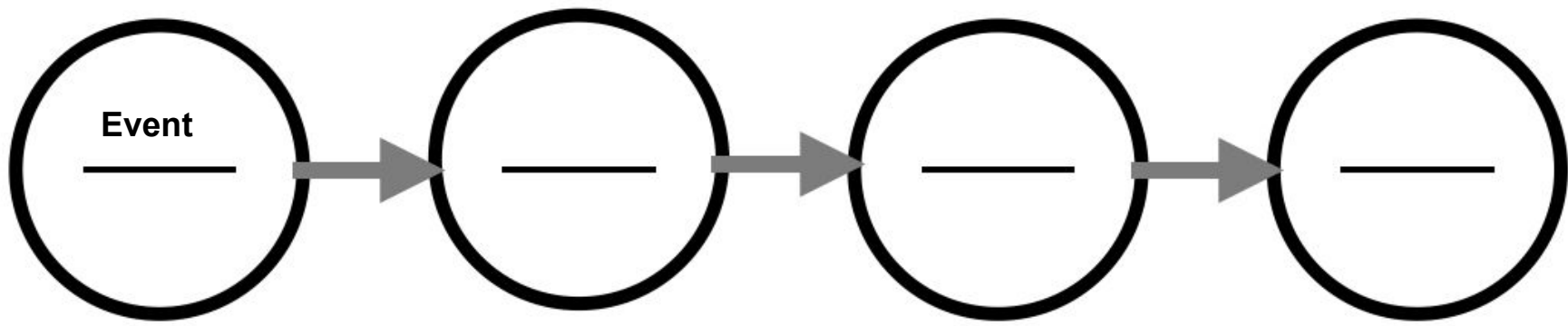
Shame is the swampland of the soul and runs two constant messages.

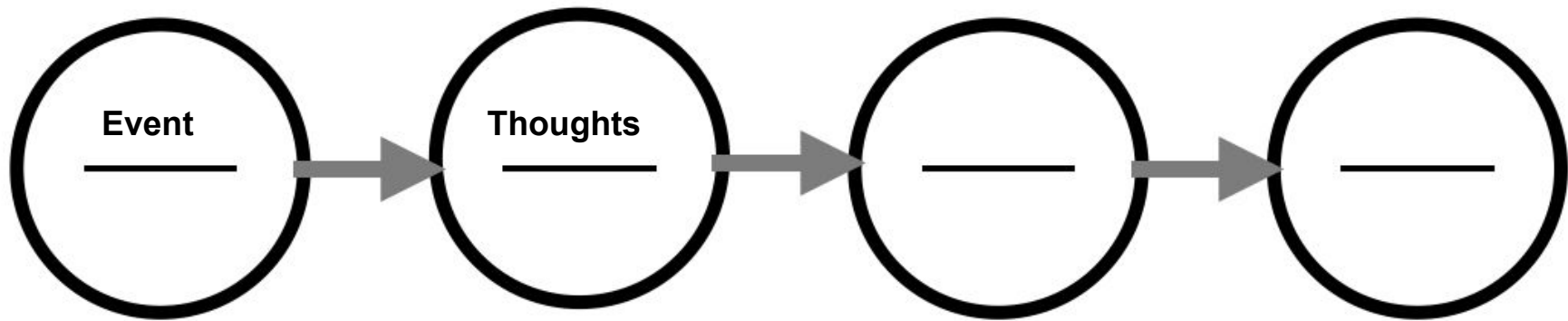
- 1) You are not good enough.**
- 2) Who do you think you are?**

Guilt is, “I did something bad.”

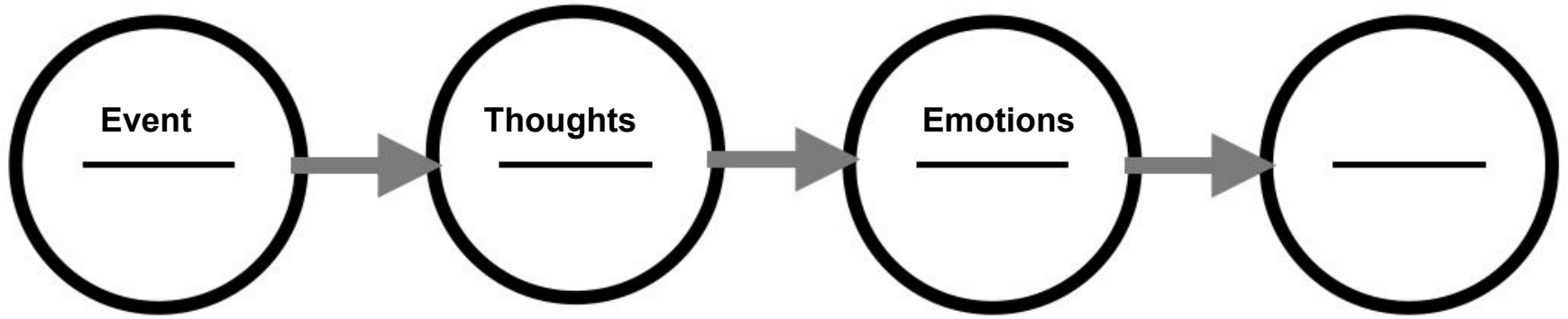
Shame is, “I am something bad.”

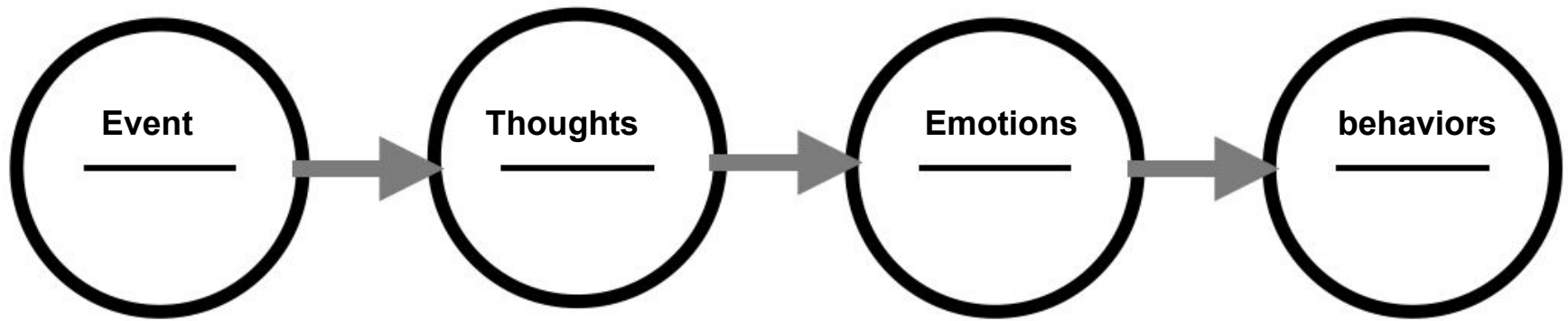


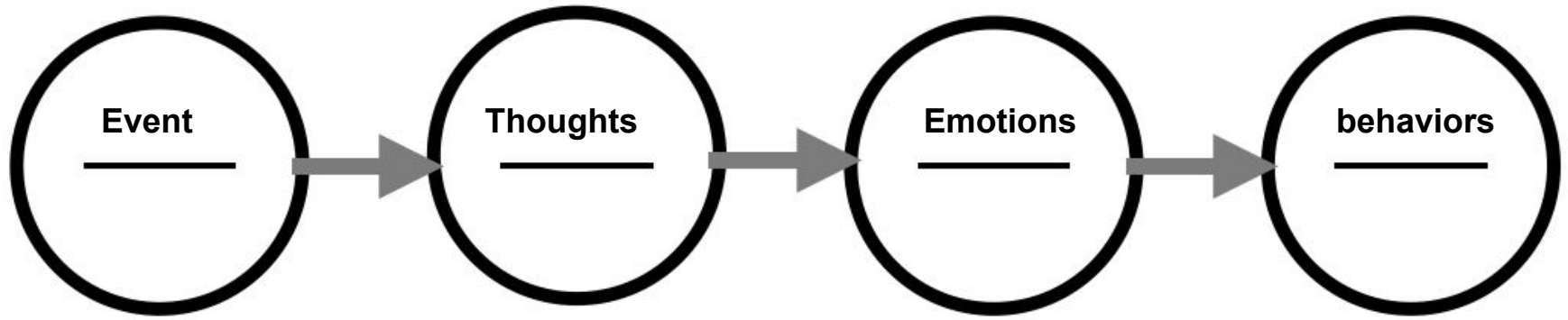




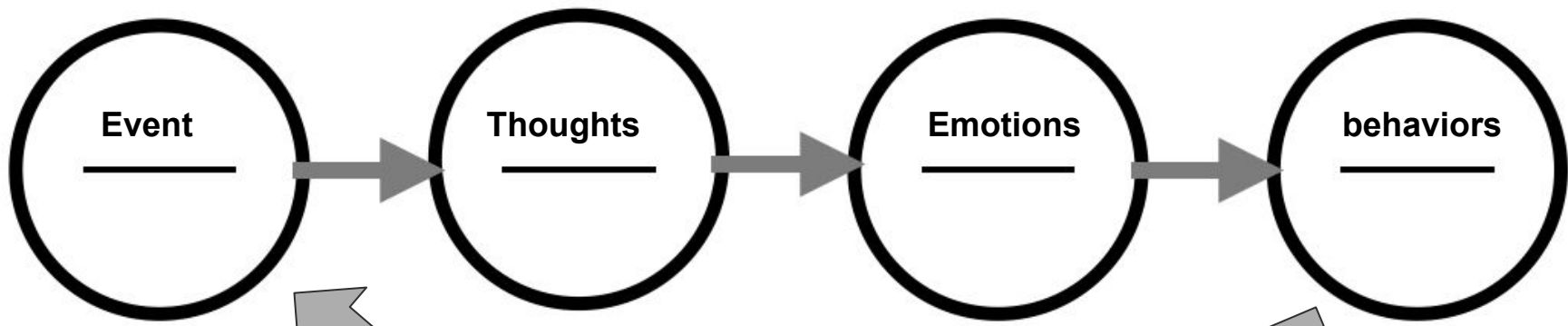




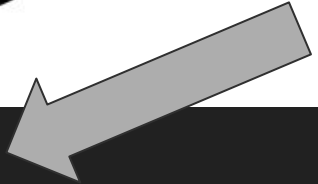
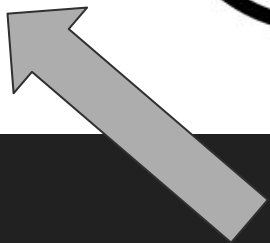




**SHAME**



**SHAME**



# Four Characteristics of Shame

## **Four Characteristics of Shame:**

1. Shame can be the undercurrent of a sensed emotion.

## **Four Characteristics of Shame:**

2. Shame is a value judgement filled with condemnation or contempt with which we analyze or critique.

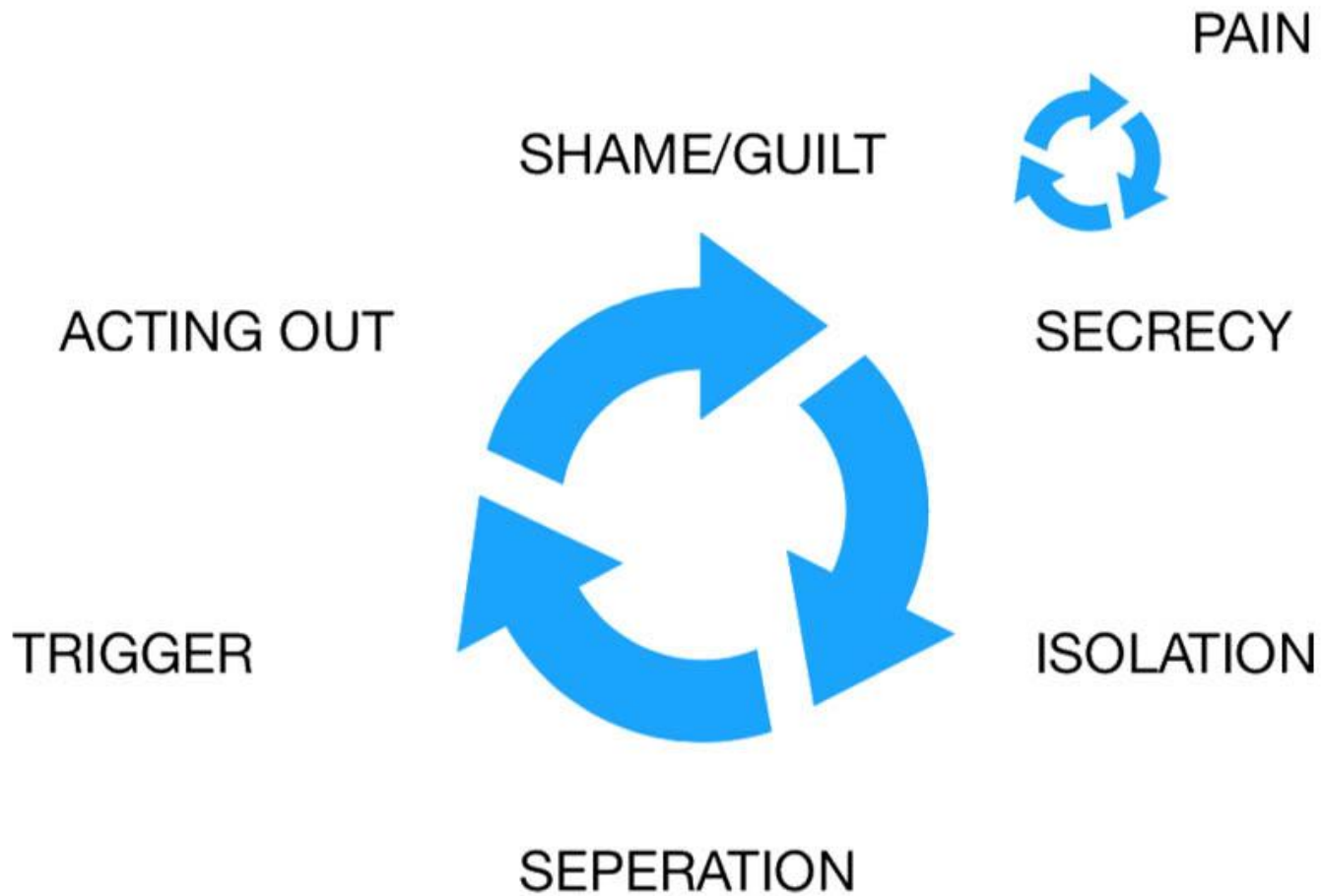
## **Four Characteristics of Shame:**

3. Shame is self-reinforcing.  
It grows in the dark.



## **Four Characteristics of Shame:**

4. Shame causes us to  
hide, isolate, and disconnect



# **Disarming & Overcoming Shame**



# **Four Characteristics of People Who Are Able To Disarm Shame in their Life**

- 1) They know what the triggers are to shame.
- 2) They were able to reality check  
their shame triggers.
- 3) They reached out to others.
- 4) They were able to talk about their shame.

Disarming Shame through...  
**Self Compassion**

Disarming Shame through...  
**Vulnerability**

Disarming Shame through...  
**Authentic Community**







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