Ask an Addiction Specialist

Dr. Bob Weathers

Last Week:

Advanced Treatment of Shame

Subtitle:
"Un-Shaming" as Essential to Recovery

Today:

Advanced Psychology of Forgiveness I

Subtitle:

Breaking the Vicious Cycle of Shame

Episode 4:
Self-Compassion

Why It Is Essential to:

Successful, Sustained Recovery

C.S. Lewis:

"Everyone says that forgiveness is a lovely idea, until they have something to forgive."

Everett Worthington: Decisional vs. Emotional Forgiveness

Key Trigger for Relapse = *Resentment*

Resentments:

Toward Others = Blame

Toward Self = Shame

Fundamental Attribution Error

Guilt = You *Did* Something Bad

…

Shame = You *Are* Something Bad

Guilt = I *Did*
Something Bad

…

Shame = I *Am*
Something Bad

Martin Buber:

I/Thou

vs.

I/It

Everett Worthington: Decisional vs. Emotional Forgiveness

Episode 4:
Self-Compassion

Forgiveness Practice I:

For whatever I did to/said to/thought about you, causing you harm, please forgive me.

Forgiveness Practice II:

For whatever you did to/said to/thought about me, causing me harm, I forgive you.

Forgiveness Practice III:

For whatever I did to/said to/thought about you, causing you harm, I forgive myself.

Everett Worthington: Forgiveness vs. Reconciliation

James Hillman: Forgiveness ≠ Forgetting

Sigmund Freud: Repression is Non-Selective

Genuine Forgiveness I:

You can remember wrong done, without resentment…

Genuine Forgiveness II:

…With capacity to extend compassion to wrongdoer, whether in inner or outer world.

Next Week:

Advanced Psychology of Forgiveness II

Subtitle:
Attachment Theory, Addiction, & Forgiveness

Thanks for Joining!

***Further Resources*:**

www.drbobweathers.com