

Ask an Addiction Specialist



Dr.
Bob
Weathers



Last Week:

**Scott Kiloby on
Mindfulness in
Recovery**



Today:

**“Un-Shaming”
as Essential to
Recovery**



Why It Is
Essential to:
Successful,
Sustained
Recovery



#1 Trigger
for Relapse =
Stress





Triggers – External Cues & Internal Stress



#1 Stressor =
Relationship



Contemporary Attachment Theory



***Accessibility**

***Responsiveness**

***Engagement**



#1 Relationship

Stressor =

Shame

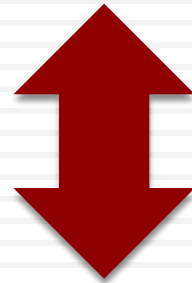
**What
Is
Shame?**



Threats to:

1) Social

Acceptance



2) Self-Esteem



Highest Cortisol



Evolutionary Psychology



Shame & Stigma: Two Sides of Coin



Shame =

Self-

Stigmatization



Exercise:

**Experience of
Shame or
Stigma**



Exercise:

**Threat to
Acceptance →
Relapse**



Shame Paralyzes



Information

Frees



Next Week:

**Breaking the
Vicious Cycle of
Shame**



Thanks for Joining!

Further Resources:

www.drbobweathers.com