

Ask an Addiction Specialist



Dr.
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Last Week:

**Un-Shaming:
Self-Forgiveness
as Daily Practice**



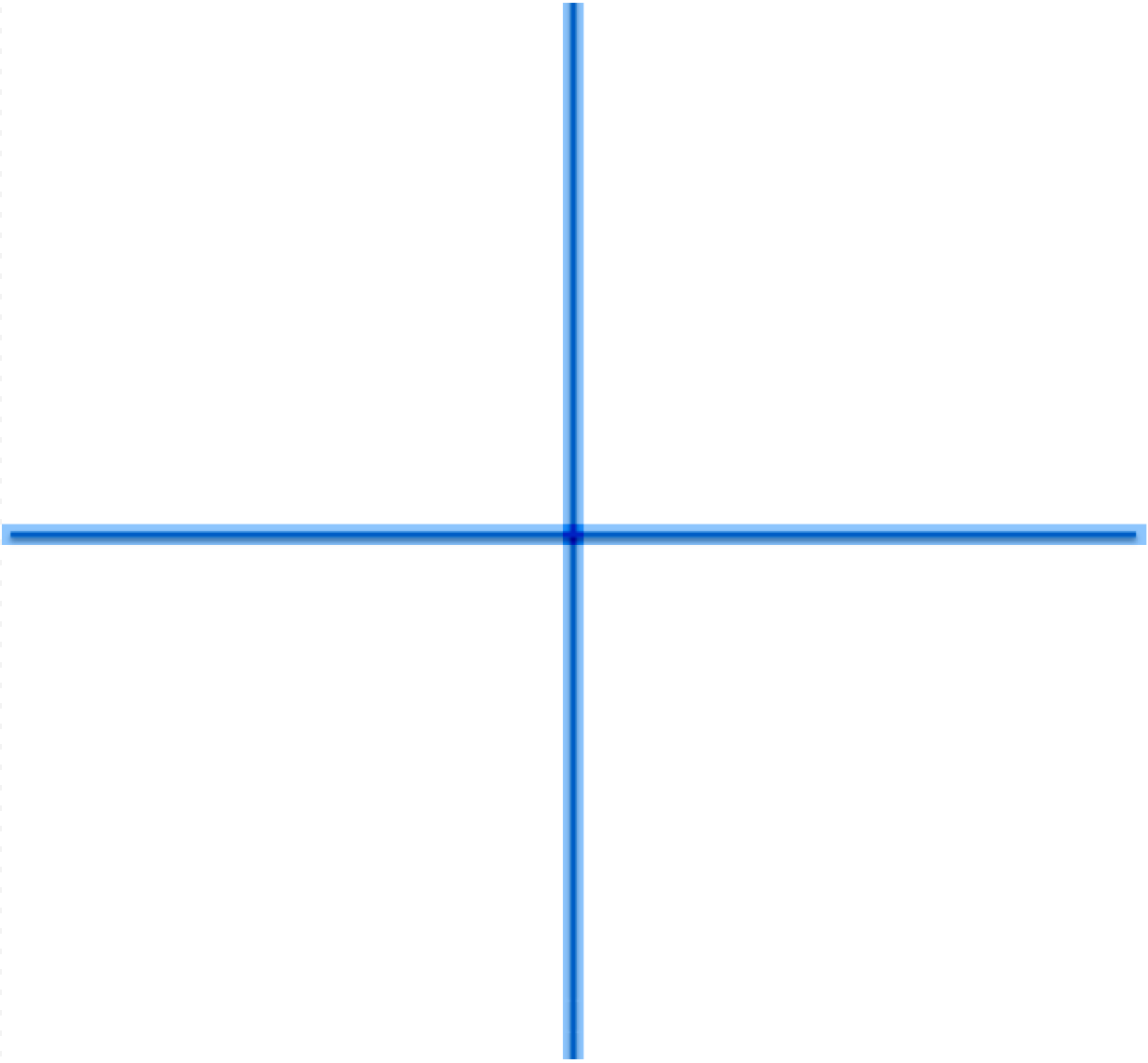
Today:

**Shame from 5
Perspectives...
and What to Do
About It!**



*Please
Feel Free to
Submit
Questions*





**How Do You Think
a *Brain Scientist*
Explores Shame?**



How Do You Think
a Judge
Understands
Shame?



**How Do You Think
a *Loved One*
Defines Shame?**



**How Do You Think
a *Therapist*
Understands
Shame?**



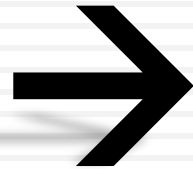
**How Do
You
Define Shame?**



**Necessary,
But Not
Sufficient**



Part/Whole Error



Misunderstandings



Fundamental Attribution Error



Guilt = I *Did*

Something Bad

...

Shame = I *Am*

Something Bad



Shame: What I Do vs. Who I Am

**Understood
Psychologically**

**Measured
Scientifically**

**Reacted to
Relationally**

**Judged
Societally**

**How Do
You
Define Shame?**



*Any Final
Questions?*



Next Week:

**Tracing the
Psychological
Roots of Shame**



**Thanks
for
Joining!**



Further Resources:

www.drbobweathers.com