

Ask an Addiction Specialist



Dr.
Bob
Weathers



*Please
Feel Free to
Submit
Questions*



Last Week:

Addiction,

Shame,

Relationships,

& Recovery



Today:

**Shame in the Body,
Shame In-Between**



**Shame Less in
Conscious Mind,
More in Body**



Exercise



Examples:

* **Throat tightness**

* **Gut pressure**

* **Body heat**

Shame's Origin

Sub-Cortical



Non-Rational

&

Quick!



HIJACKING THE BRAIN

How Drug and Alcohol Addiction Hijacks Our Brains
The Science Behind Twelve-Step Recovery



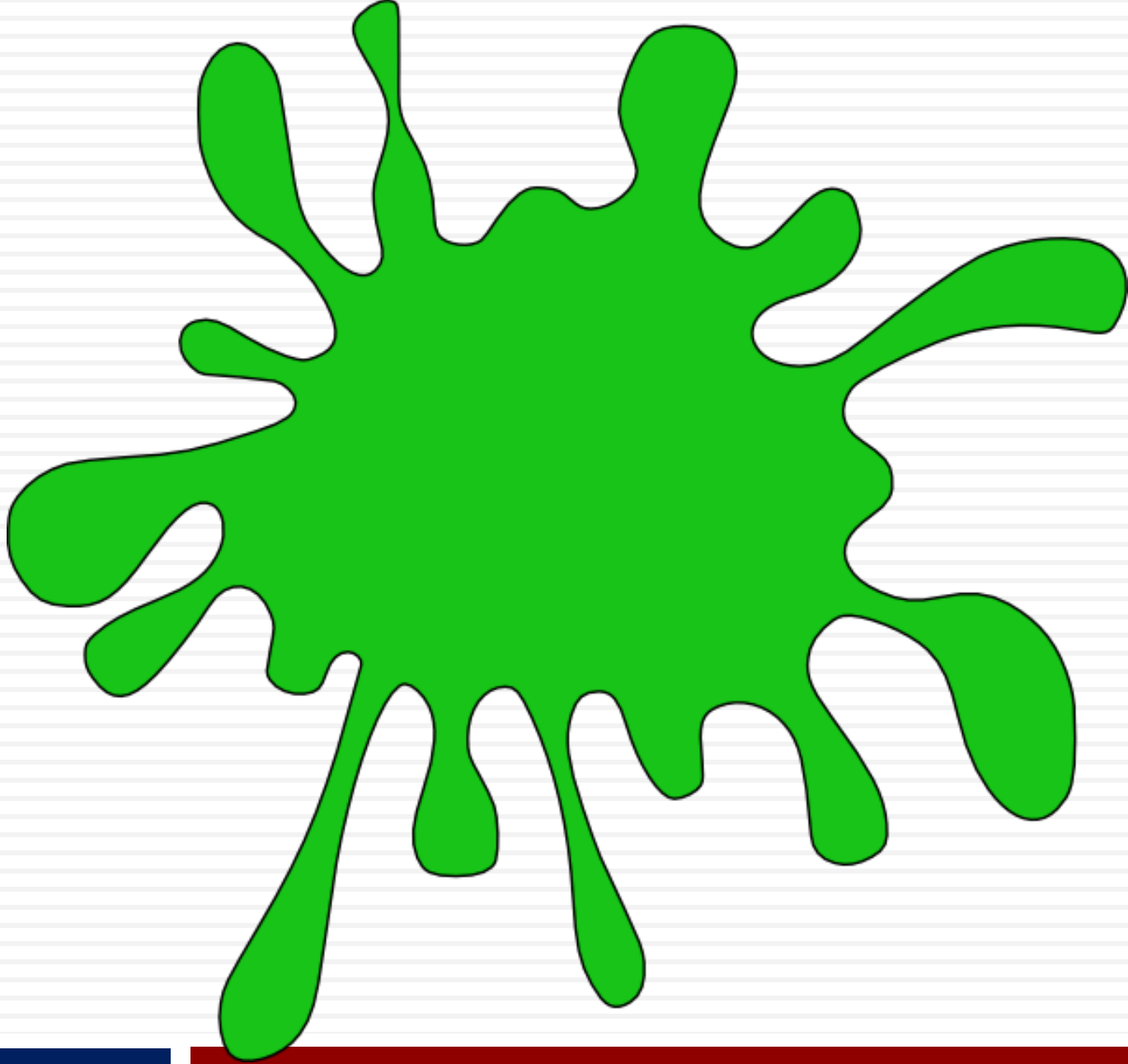
Louis Teresi, MD

in collaboration with

Harry Haroutunian, MD

Shame In-Between





Interpersonal Neurobiology & Co-Regulation



Exercise



Shame's Origin

Sub-Cortical



Shame's Antidote Cortical



You must go into the dark in order
to bring forth your light.



*Any Final
Questions?*



**Thanks
for
Joining!**



In Two Weeks:
**Shame &
Relationship
Patterns**



Further Resources:

www.drbobweathers.com