

Ask an Addiction Specialist



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*Please
Feel Free to
Submit
Questions*



Last Podcast:

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



Today:

**Shame and
Relationship
Patterns**



Shame Interpersonal in Origin



Examples:

**Intimate Abuse
or Societal
Abandonment**



**Shame Lodges in
Physical Body &
Human Spirit
(Our Potentials)**





Shame: Body, Mind, and Spirit

**Shame Relational
Emotion:
Most Significant
Relationships**



**When Trust
Broken,
Scarred Memory
Laid Down**



Few Traumas

Isolated --

Most Long-Term

Patterns



Examples:

**Invasion of
Boundaries or
Desertion of
Connectedness**



**When Trust
Broken,
Scarred Memory
Laid Down...**



**Most Often,
A Whole
Network of
Scars**



Network Becomes Foundation for Future Expectations



Example:

**Caregiver Moves
Away When You
Are Assertive
or Creative**



Result?



Result:

**Avert Abandonment
by Never Being
Assertive
or Creative**



Example:

**Society Rejects
Being Male or
Female in Own,
Individual Way**



Result?



Result:

**Avert Abandonment
by Never Being
Fully Oneself**



2-Part Exercise



2- Part Meditation:

*** “May you feel...”**

*** “May I feel...”**

*Any Final
Questions?*



**Thanks
for
Joining!**



Next Week:

Healing

the Black Hole

of Shame



Further Resources:

www.drbobweathers.com