

# **HEALING THE SHAME THAT BINDS YOU**

**BY JOHN BRADSHAW**

**Figure 1.1**

The Languages of Shame

<b>DISCRETION</b> Before an Action HDL SHAME		<b>DISGRACE</b> After an Action LDL SHAME	
Latin	<i>Pudor</i> <i>Verecundia</i>	Latin	<i>Foedus</i> <i>Macula</i>
Greek	<i>Entrope</i> <i>Aidos</i>	Greek	<i>Aischyne</i>
French	<i>Pudeur</i>	French	<i>Honte</i>
German	<i>Scham</i>	German	<i>Schande</i>

**Figure 1.2**

Developmental Stages of Healthy (HDL) Shame

<b>TRANSCENDENCE</b>	Shame as <b>WISDOM</b> , knowing what is valuable and what is not worth your time.
	<i>Older Age</i> Shame as the experience of the <b>NUMINOUS SACRED HOLY &amp; KNOWING A HIGHER POWER</b> . Shame as the source and safeguard of spirituality.
<b>INTER-DEPENDENCE</b>	<i>Adult</i> <b>EXPERIENCE OF LIFE'S LIMITS—SUFFERING AND DEATH</b> Shame as knowing you don't know it all—openness to novelty/creativity.
	<i>Young Adult</i> New secure attachment figure— <b>LOVE AS EXPOSING YOUR VULNERABLE SELF</b> . Shame as modesty.
<b>INDEPENDENCE</b>	<i>Puberty</i> <b>SHAME EXPERIENCED AS LIMITS TO SELF-IDENTITY</b> . Shame limits mental curiosity— <i>studiositas</i> (temperance of the mind).
	<i>Puberty</i> Emergence of the sex drive experienced as awesome. Healthy shame monitors sex drive. Shame is dominant in peer group acceptance.
	<i>8-Puberty</i> Shame as <b>INFERIORITY</b> experienced as limits to one's abilities—social shame related to ethnicity, gender, status.
	<i>8-Puberty</i> Shame as <b>EMBARASSMENT</b> coming from making mistakes, especially neighborhood social play—juvenile sex play—social shame as related to belonging.
	<i>3.5-8 Years</i> <b>GUILT</b> as moral shame, the internalized parental rules and voices that form conscience. Early sexual curiosity—manners and modesty.
<b>COUNTER-DEPENDENCE</b>	<i>18 Months-3.5 Years</i> <b>FULL AFFECT OF SHAME</b> experienced as limits put on child's autonomous need to separate and do things his or her own way.
	<i>6-18 Months</i> Shame as limits to curiosity and interest—when children get into trouble they often <b>HIDE THEIR EYES</b> .
<b>INTERPERSONAL BRIDGE ESTABLISHED CODEPENDENCE</b>	<i>6 Months</i> Once securely attached—shame as <b>SHYNESS</b> appears as a response to being exposed to strange faces.

**Figure 2.1**

Developmental Stages of Toxic (LDL) Shame

<b>NEUROTIC OR CHARACTER DISORDERED SYNDROMES</b>	<i>Spiritual Bankruptcy</i> Religiosity • God as a drug • Atheism • Misanthrope Self-contempt • Judgmental • Cynical about life • Religion as an addiction
	<i>Older Adult</i> Active addiction in late stages • Severe depression
	<i>Adult</i> STAGNATION Homeless • Jobless • Job as conformity and boredom or job success as a cover-up for feeling of being flawed and defective
	<i>Young Adult</i> ISOLATION Inability to connect • Intimacy dysfunction • Love as enmeshment
	<i>Late Puberty</i> Addiction • Codependency • Enmeshed marriage • Frequent divorce • Identity confusion • False self-Split self • Multiple selves • Borderline personality • Narcissistic personality • Paranoia personality • Psychopathic disorder
	<i>Puberty</i> Beginning of compulsive addictive disorders • Sexual dysfunction • Sex drive fused with shame • Sexual compulsivity • Sexual promiscuity
<b>CARRIED AND INTERPERSONAL TRANSFER (INDUCED) SHAME</b>	<i>8-Early Puberty</i> Conforming to group • Either smart and popular or delinquent DEVELOPMENT OF GOVERNING SCRIPTS AS STRATEGIES TO DEFEND AGAINST TOXIC SHAME
	<i>8-Puberty</i> Development of defending scripts: Being perfect, controlling, rageful, critical or being helpless or dysfunctional • Polarization of the self and others—people are all good or all bad
	<i>3,5-8 Years</i> Neurotic guilt • Immorality shame • Sex is shameful • The need to defend and hide • Emotional illiteracy NEED SHAME BINDS
	<i>18 Months-3.5 Years</i> Overexposed • Severe limits to autonomy • Punishments • Spankings “Breaking the child’s will” • No boundaries PURPOSE SHAME BINDS • PLEASURE SHAME BINDS • ANGER SHAME BINDS
	<i>6-18 Months</i> Shame as apathy • Child is fearful • Severe limits to curiosity INTEREST OR CURIOSITY SHAME BINDS
	<i>0-6 Months—Infancy</i> Faulty or traumatic attachment • Failure to form the interpersonal bridge “BEING” SHAME BINDS

**Figure 2.2**

Polarization Split Synthesis

SHAMEFUL ACTING OUT	NATURAL SHAME POLARITY LIMITS	SHAMELESS ACTING IN
Less than Human Compulsivity Obsessive	Core of Finitude	More than Human Compulsivity Obsessive
Slob/Failure	Permission to Be Human	Perfectionistic
Out of Control	Natural Boundary	Controlling
Self-Blame	Adequate Amount of Shame Forms	Blame
Sinfulness Intimacy Dysfunction	Development of Identity and Intimacy	Righteousness Intimacy Dysfunction
Rage	Sense of Dignity	Passive/Aggressive
Self-Judgment Gluttony Self-Contempt	Brings a Sense of Awe, Reverence and Modesty	Judgment Self-Deprivation Criticism/Contempt Disgust
Erroneous or Lax Conscience No Conscience	Critically Examined Conscience	Rigid, All-Knowing Conscience or Puritanical, Scrupulous Conscience

**Figure 2.3**

The Compulsive/Addictive Cycle Fueled by and Regenerating Shame

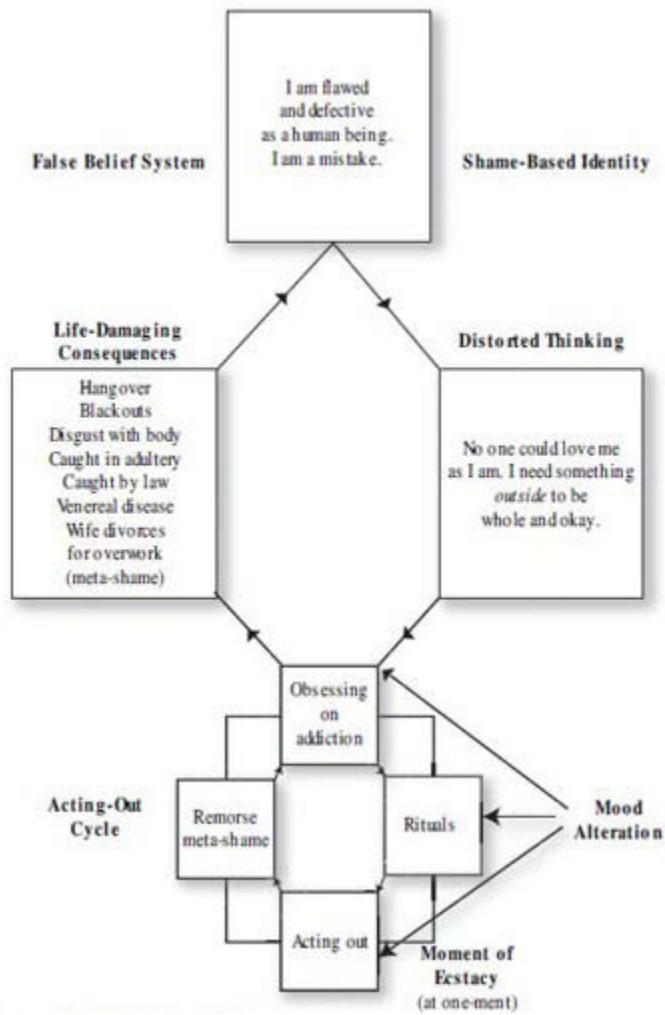


Chart adapted from Dr. Pat Carnes's book *Out of the Shadows*

**Figure 3.1**

**Max's Dysfunctional Family of Origin**

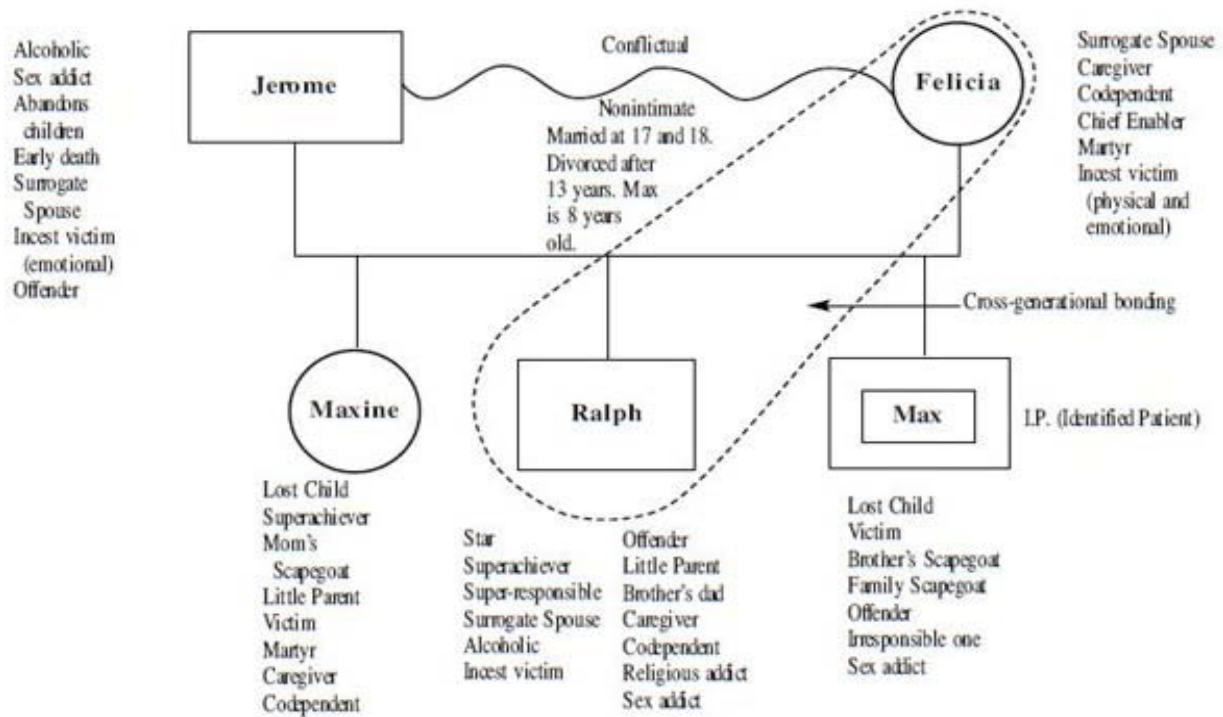
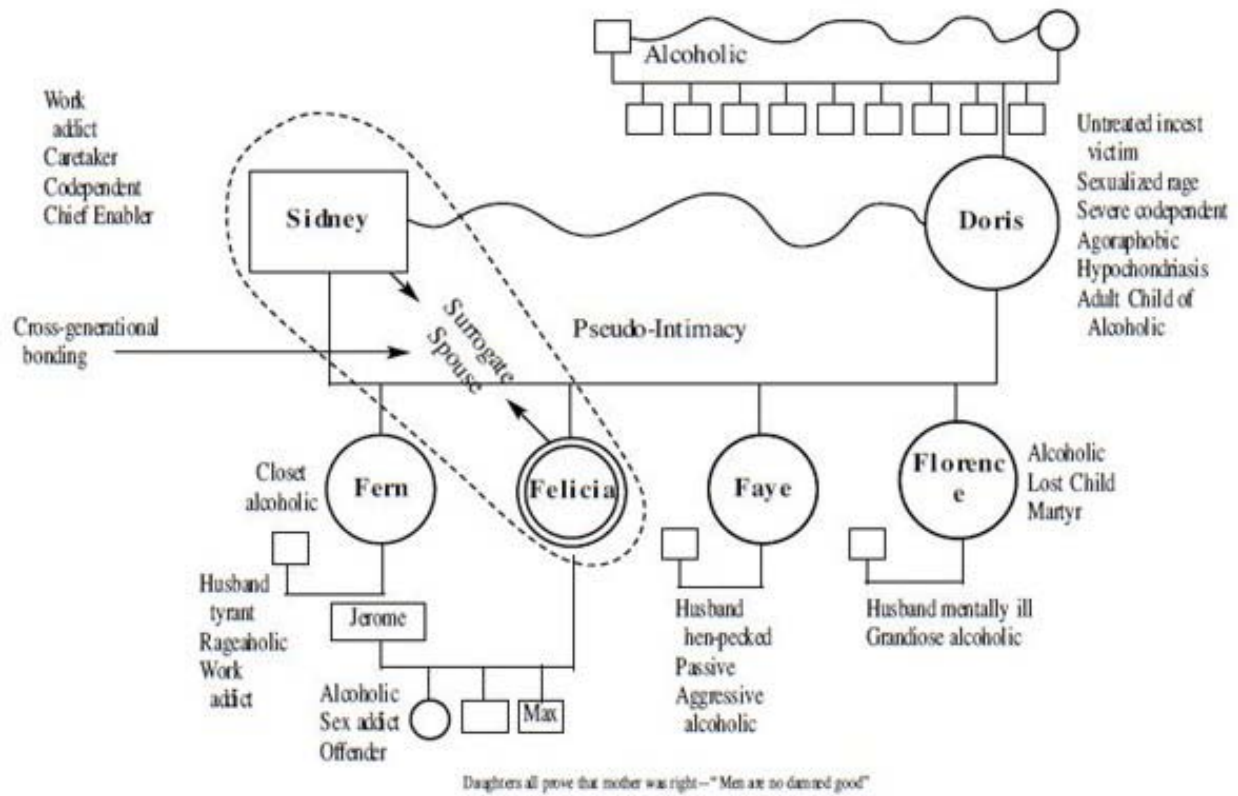




Figure 3.2

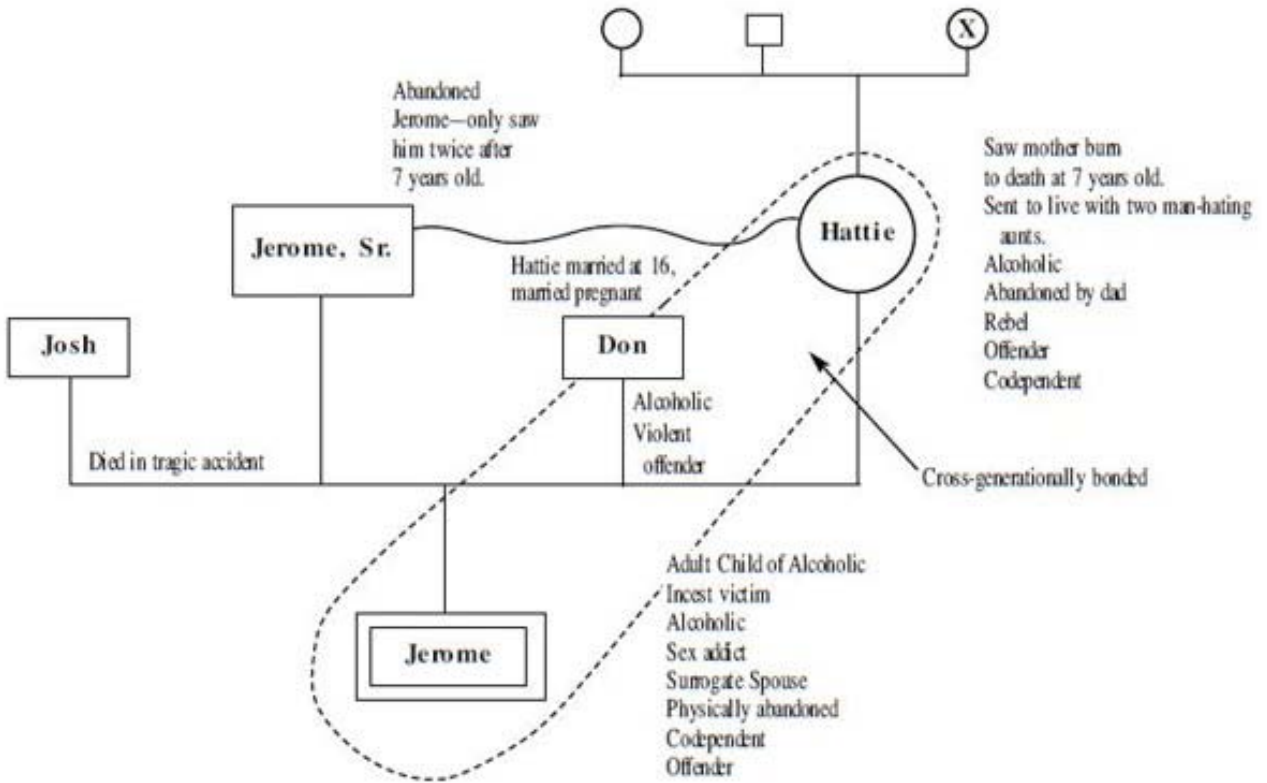
Max's Mother's (Felicia) Genogram





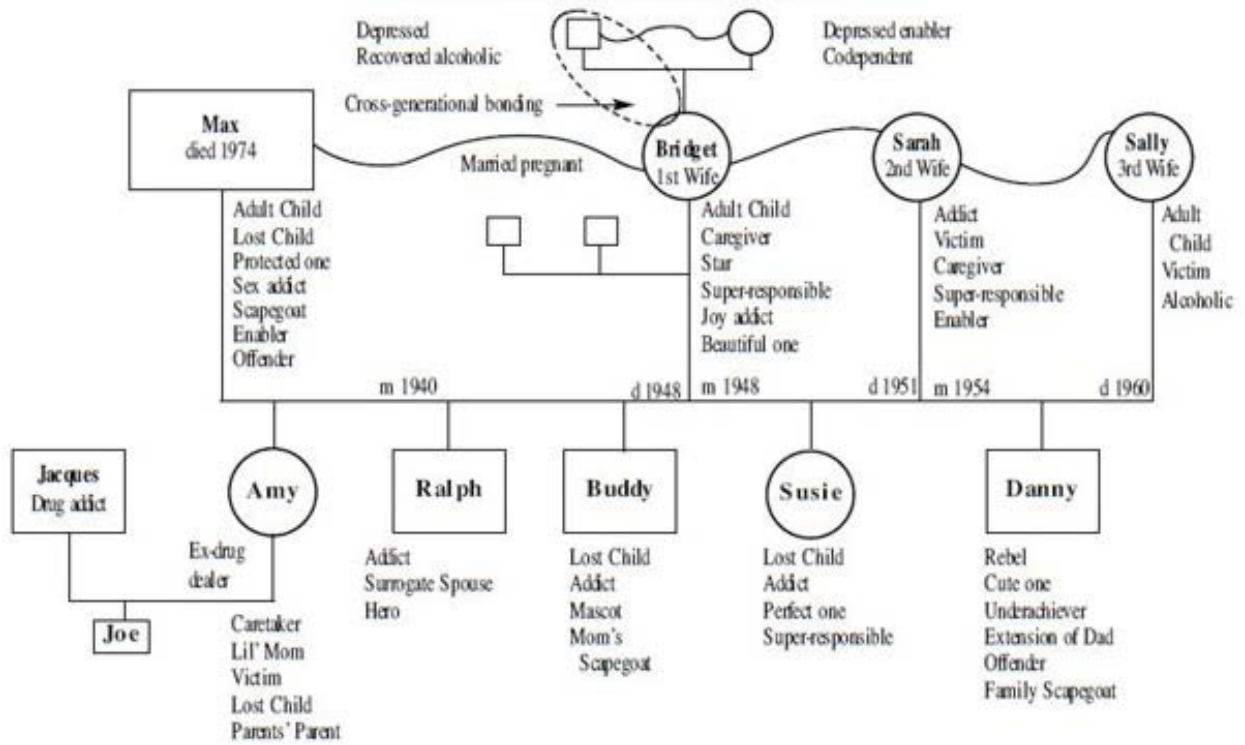
**Figure 3.3**

Max's Father's (Jerome) Genogram

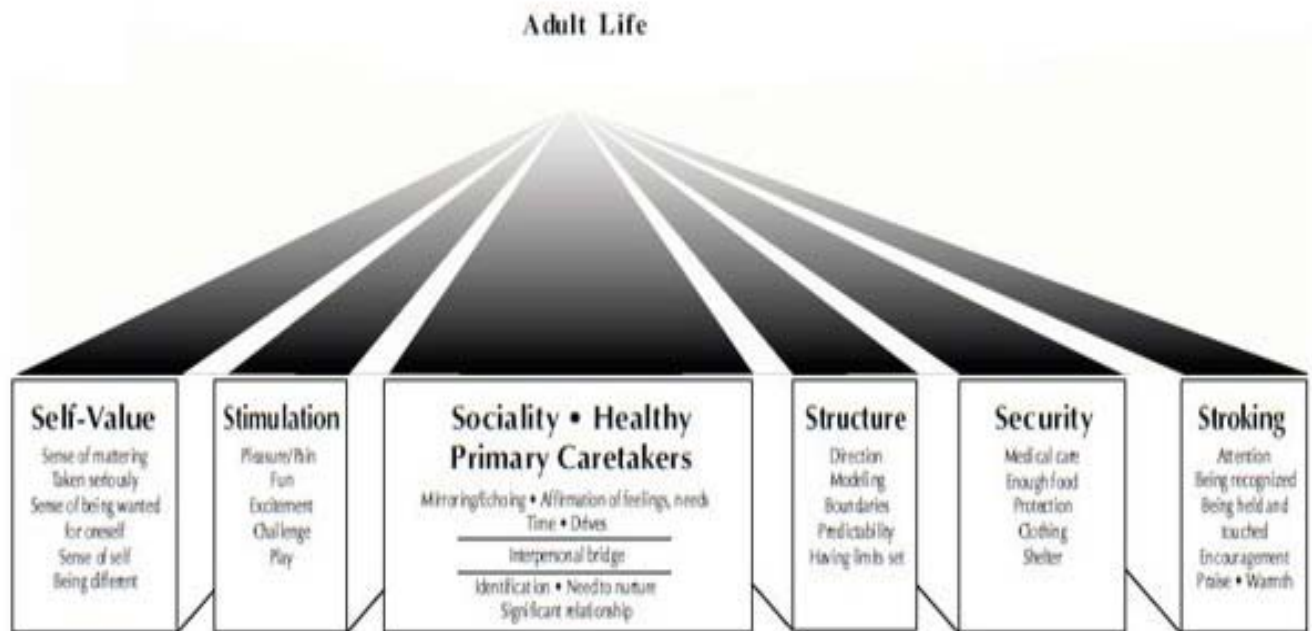


**Figure 3.4**

**Max's Genogram (Immediate Family)**

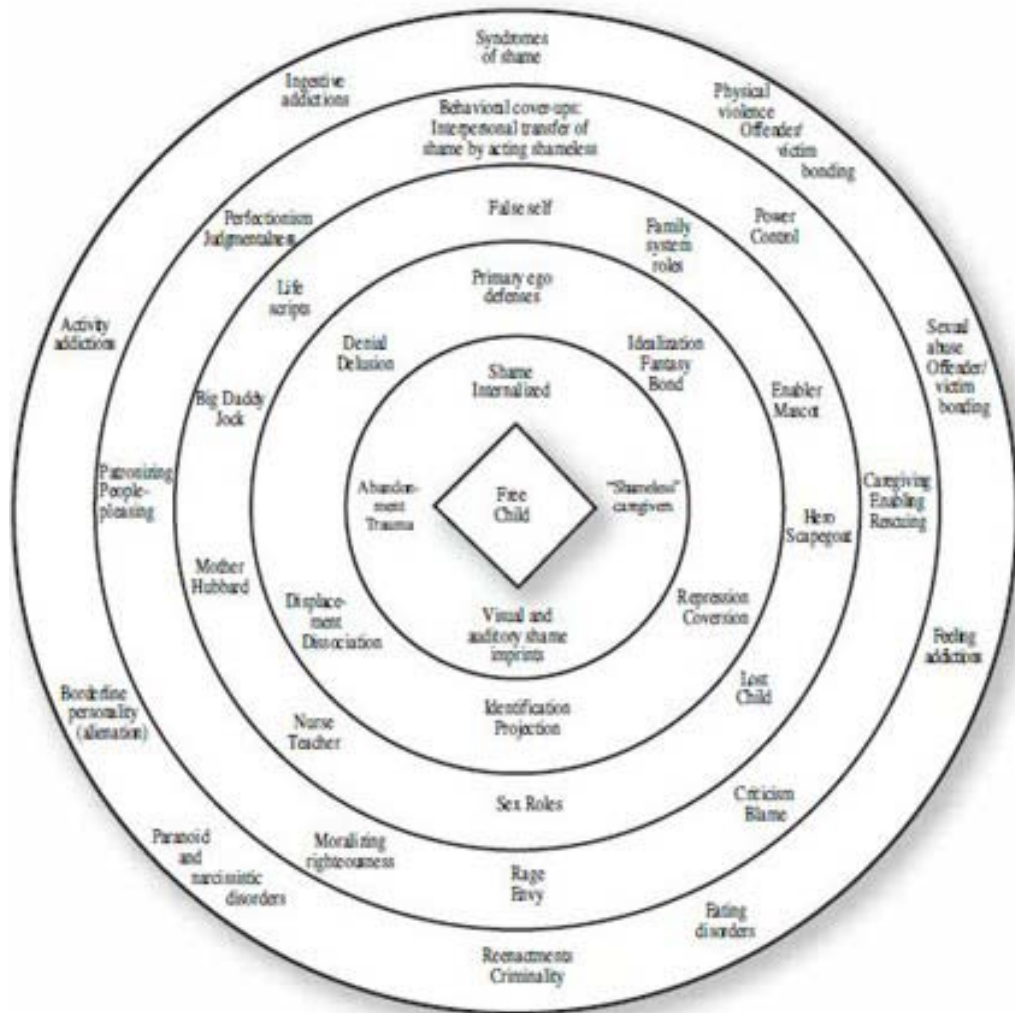


**Figure 3.5**  
Basic Dependency Needs



**Figure 4.1**

**Layers of Defense Against the Agony of Internalized Shame**



**Figure 4.2**

Shame Internalization, Adaptation of Robert Subby's Private Self/Public Self

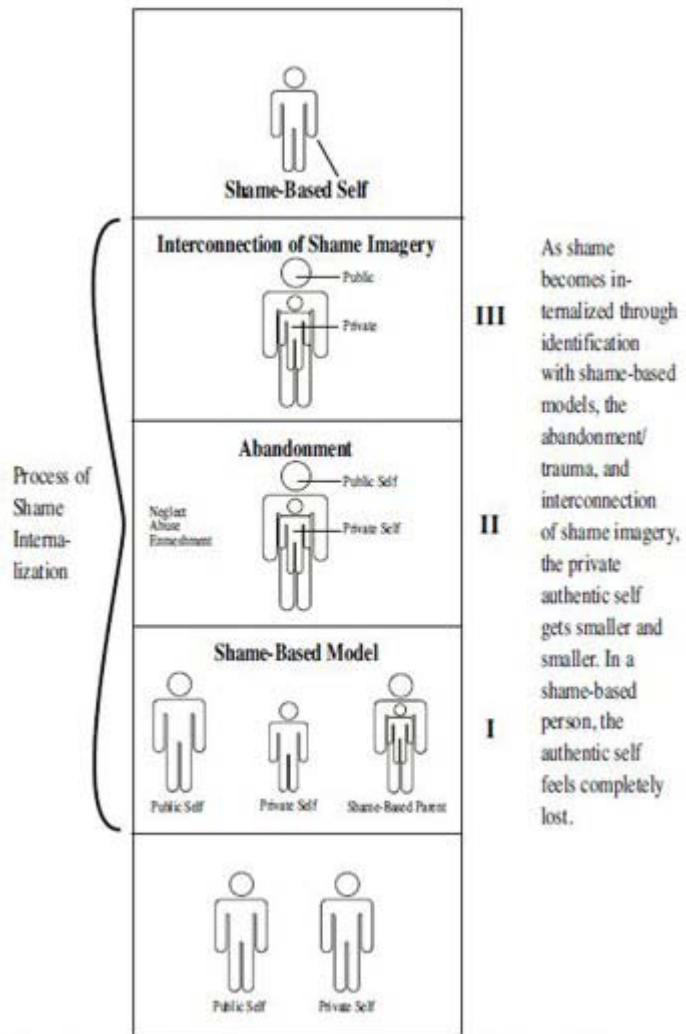
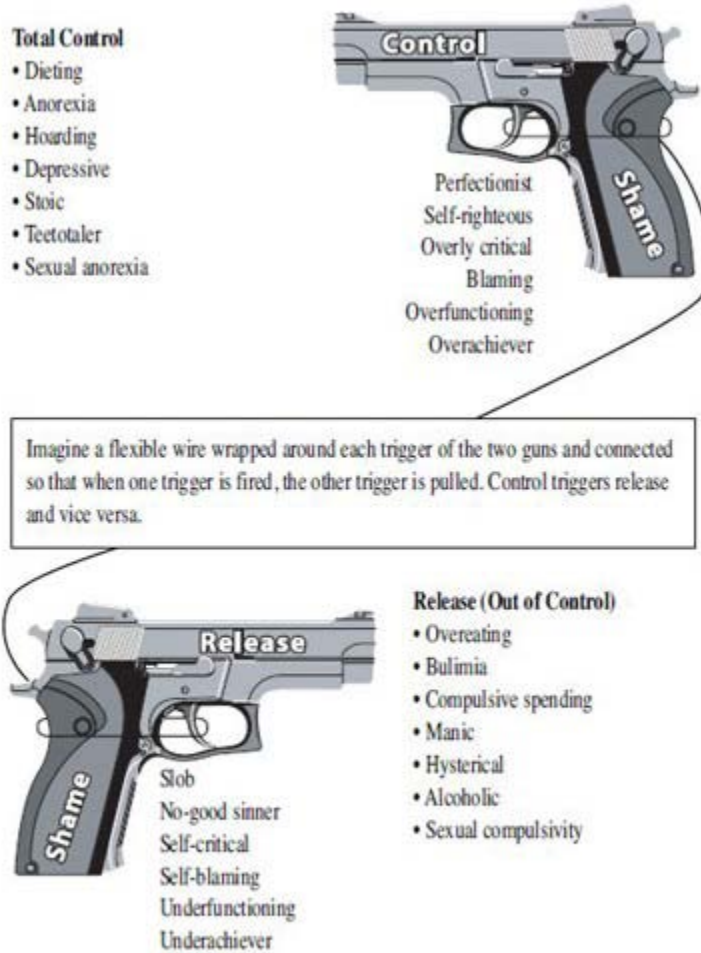


Chart adapted from Robert Subby's *Lost in the Shuffle: The Co-dependent Reality*

**Figure 4.3**

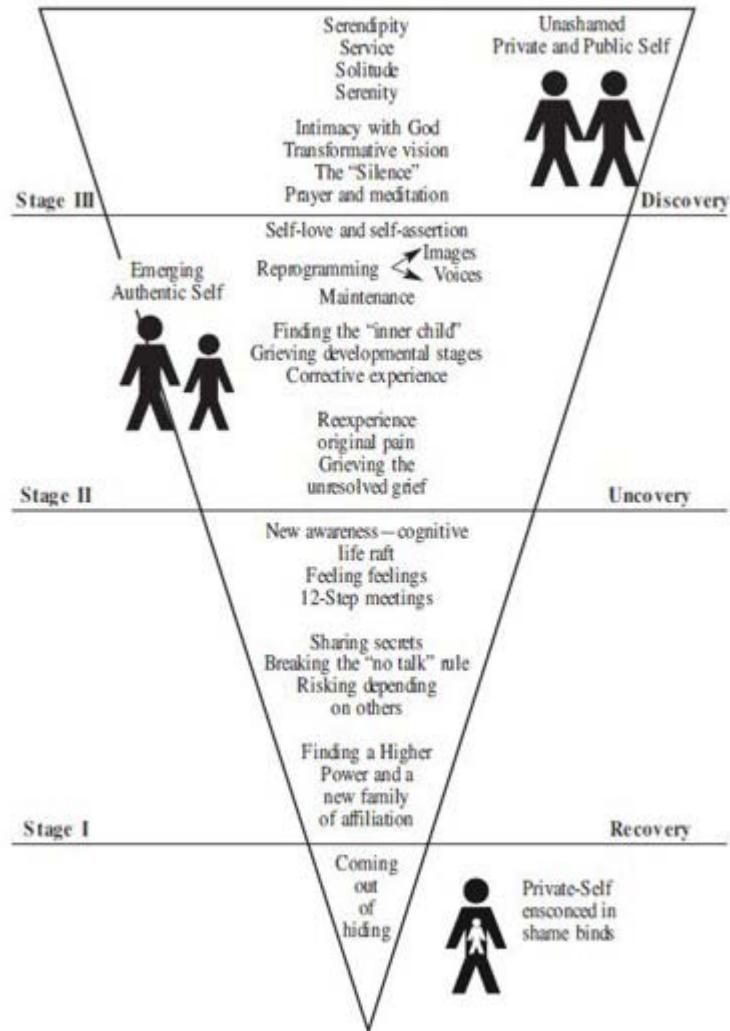
The Shame-Bound Control Release Triggers



*Toxic shame underlies both control and release cycles.*

**Figure 7.1**

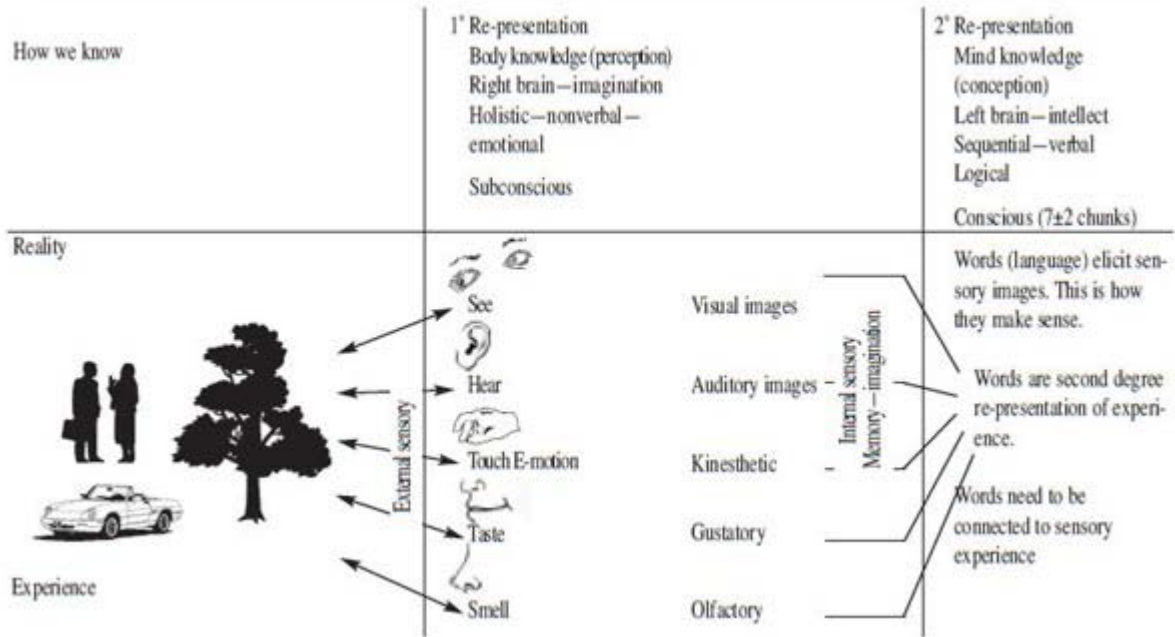
Bliss Non-Attachment





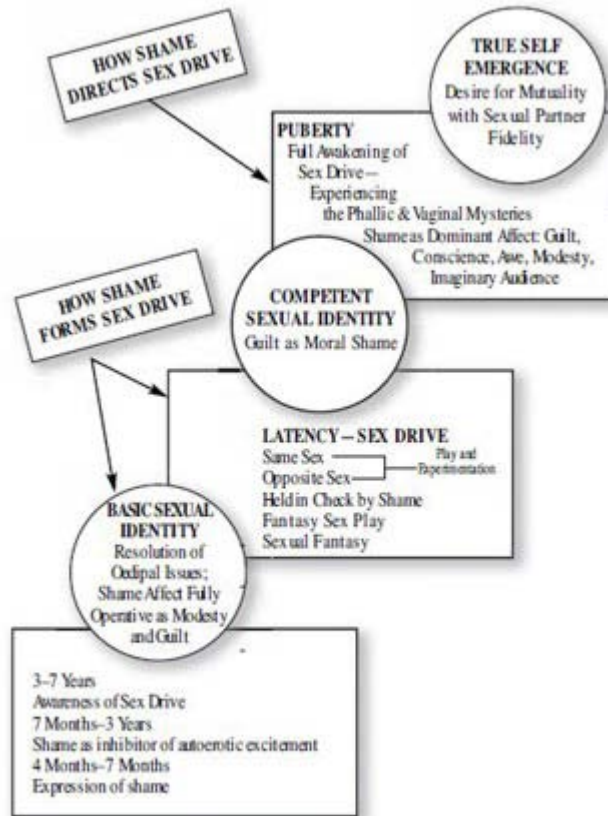
**Figure 7.2**

**Represented Reality**



**Figure 12.1A**

Developmental Stages of Healthy Sexuality



References:

*Shame, Exposure and Privacy*—Carl D. Schneider

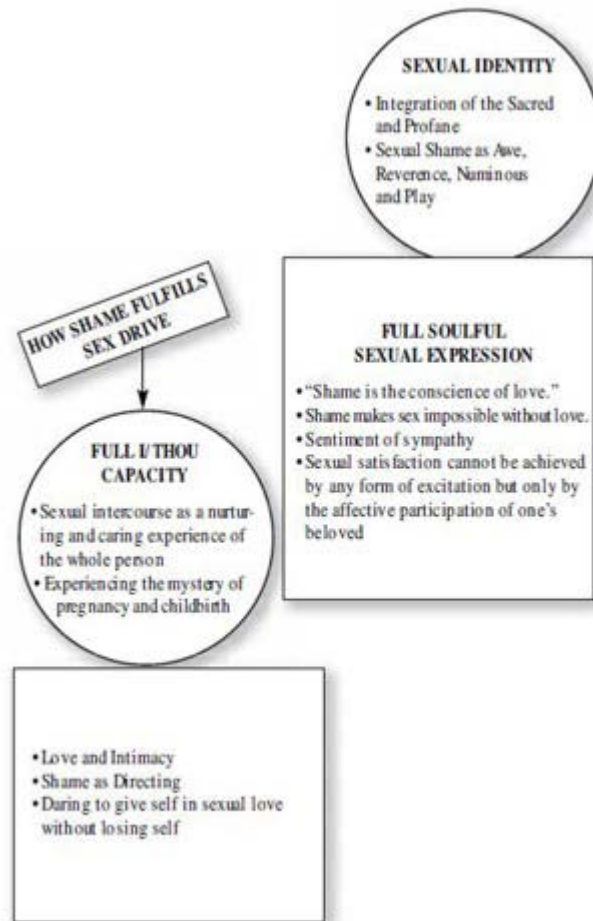
*The Evolution of Modesty*—Havelock Ellis

*The Justification of the Good*—Vadimir Soloviev

*Über Scham und Schamgefühl*—Max Scheler (Fr. Translation *La Pudeur*—McDupuy)  
Paris: Aubier, 1952

## 12.1B

### Developmental Stages of Healthy Sexuality



#### References:

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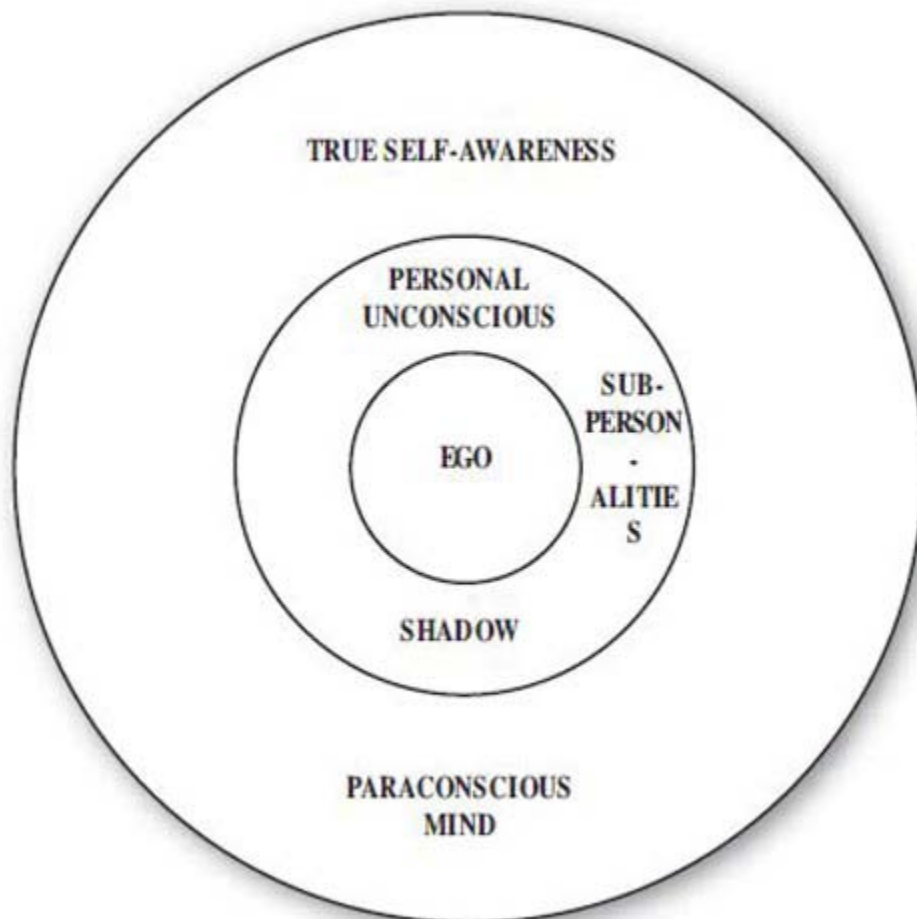
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**Figure 14.1**

Full Range of Human Consciousness



**Figure 14.2**

The Hierarchy of Human Needs

