Shame compensation Strategies

# **OVERVIEW**

As a society, we all engage in escapism. It is what leads us to our overindulgence in our entertainment culture that idolizes the rich and the famous. In the long run this escapism leads us to feeling hollow and questioning our own self-worth by not addressing the root issues of our own shame

# **GOALS**

1. Have a discussion about how we get away or escape shame rather then be honest with it, i.e. substance abuse, relationships, video games, money, school, social media, intellectualizing, etc.
2. Breaking into triads, let’s discuss a time when you engaged in masking shame or guilt about something you did or didn’t do and how you coped with it rather then address the issue at hand.
3. Whole group discussion about the difference between shame and guilt, and how guilt can be healthy.

# **SPECIFICATIONS**

1. The whole-small-whole model of speaking about the role of shame and how it can have physiological consequences on us and our loved ones.

# **MILESTONE**

## **Understanding that our shame grows in silence, and if we maneuver around the world with escapism techniques then we will never get to a healthy sense of self-worth.**