

TRAPPED IN THE SILENCE OF SHAME

Bryan E. Vignery, LCPC

Hiding After the Fall



- Now the man and his wife were both naked, but they felt no shame. (Genesis 2:25)
- At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves. (Genesis 3:7)

Trapped in the Silence of Shame



- True and Authentic Self
 - ▣ This is who God created us to be
- Trauma
 - ▣ We internalize our shame and it becomes toxic
- Defense Mechanisms
 - ▣ Denial

Trapped in the Silence of Shame



□ False Self

- To alleviate the felt sense of toxic shame
- Life scripts and family roles
 - The star or hero
 - The perfect one or saint
 - The enabler
 - The family referee
 - The winner
 - The loser
 - The scapegoat
 - The victim

Trapped in the Silence of Shame

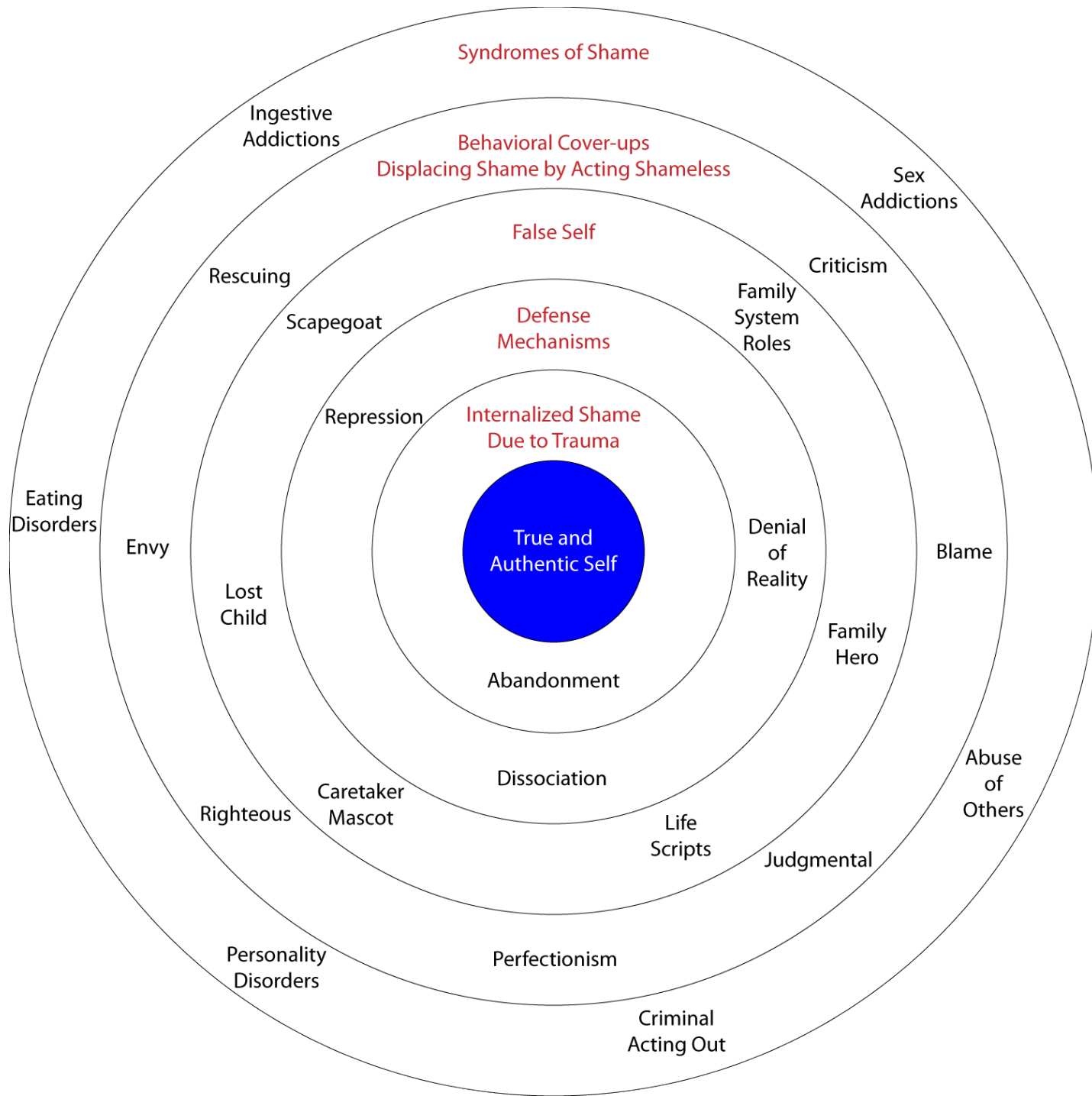


- Behavioral Cover-ups
 - Perfectionism
 - Power or Control
 - Rage
 - Arrogance or Pride
 - Criticism or Blame
 - Judgmentalism and moralizing
 - Contempt or Disgust
 - People-pleasing
 - Envy

Trapped in the Silence of Shame



- Syndromes of Shame
 - Ingestive Addictions
 - Sex Addictions
 - Eating Disorders
 - Abusing Others
 - Criminal Acting Out
 - Personality Disorders



The Trap



- A common definition of addiction is when a person has a pathological relationship with a mood-altering chemical or substance. This relationship becomes more important than family, friends and work. It progresses to the point where this mood-altering chemical or substance is needed in order to feel “normal”. In reality, feeling “normal” becomes isolation and loneliness since the primary relationship is with a chemical and not a person.

Shifting Self-Perception

Isolation



Connection

Alone



Interdependent

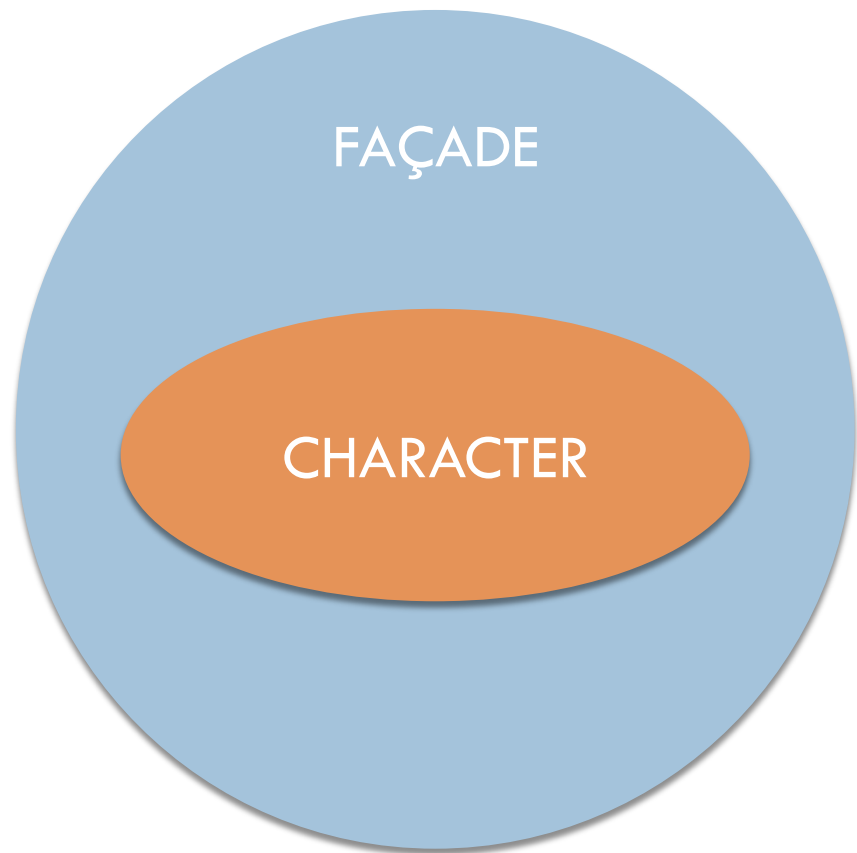
Me



Us

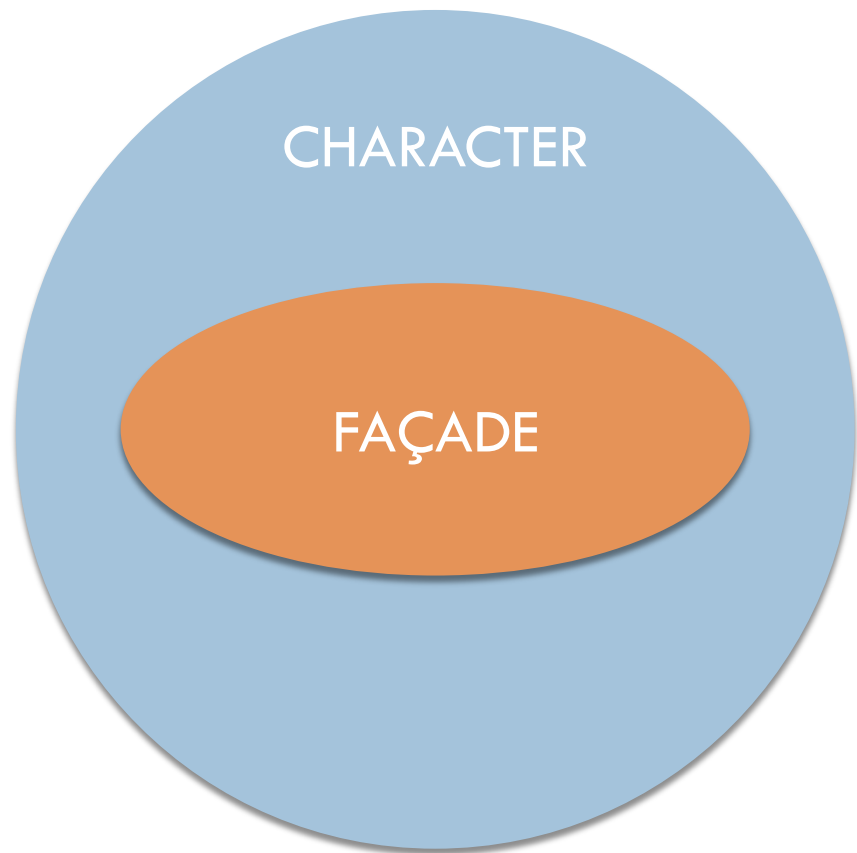
Façade First - Character Second

- ❑ Limited Character is Expressed
- ❑ Thick and rigid
- ❑ Protects the individual
- ❑ Not Much Comes In
- ❑ Not Much Goes Out
- ❑ Leading and living from a superficial, non-authentic level



Character First - Façade Second

- ❑ Guided by Character
- ❑ Façade is Thin
- ❑ Opportunities and Possibilities Flow In and Out
- ❑ Leading and living from a deeper, more authentic level.



What Value Do We Create?

Character

- ❑ Leading from the Inside
- ❑ Authenticity
- ❑ Purpose
- ❑ Trust
- ❑ Compassion
- ❑ Balance/Centeredness
- ❑ Peaceful Presence
- ❑ Courage

Façade

- ❑ Leading from the Outside
- ❑ Image
- ❑ Control
- ❑ Fear
- ❑ Avoidance
- ❑ Self-Interest
- ❑ Winning at All Costs
- ❑ Resistance to Change

TRAPPED IN THE SILENCE OF SHAME

Bryan E. Vignery, LCPC