NEW DAY RECOVERY

Session 13 Handout

Translating Shame into Guilt

From Session 13. Specific is workable; global is not. Guilt points at a behavior and can lead to repair; shame points at identity and leads to hiding.

Name: _____ **Date:** _____

Guilt focuses on a behavior — I lied, I stole, I missed the visit — and its healthy function is repair. Shame focuses on identity — I am a liar, I am trash — and its function is hiding. Worth is settled; behavior is dealt with honestly, in the light, with repair.

The global verdict ("I am _____")	The specific, workable truth ("I did _____; the impact was _____; a repair step could be _____")

If no behavior of mine is involved (shame absorbed from others' actions), the true form is: "That was done to me; it describes an event, not my worth."

Homework: run the translation every time you catch a global verdict this week. Bring your best translation to Session 14.