

Guilt versus Shame



Guilt:

I did something bad

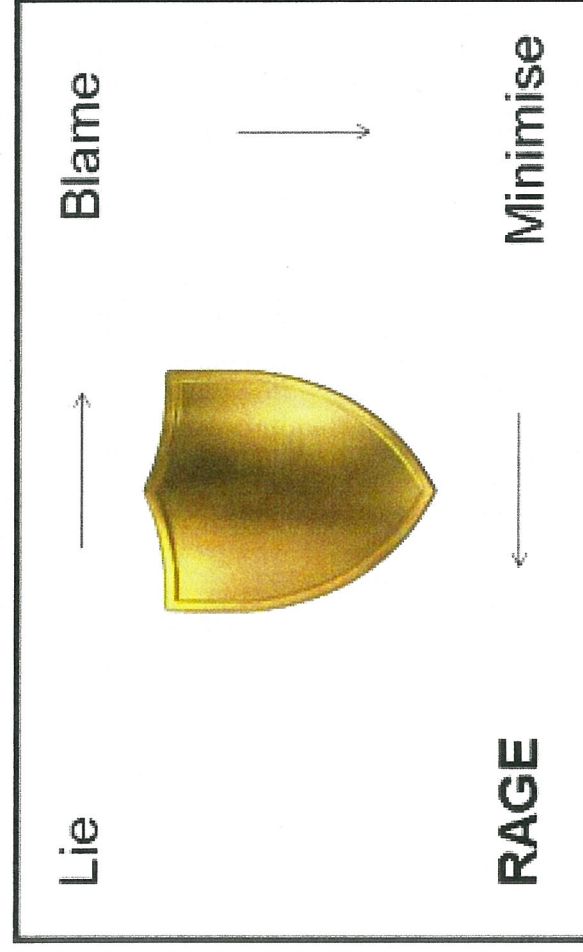


Shame:

I am bad

- Traumatized children live in shame, because of their experiences.
- Repeated experiences of internalising shame leads to a shame-based identity where the child identifies as 'being bad'.
- This shuts down the child's learning, belief in their capacity to progress and limits growth and healing.
- Supporting a child to shift from shame to guilt is an important part of the recovery process.

The Shield against Shame

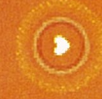
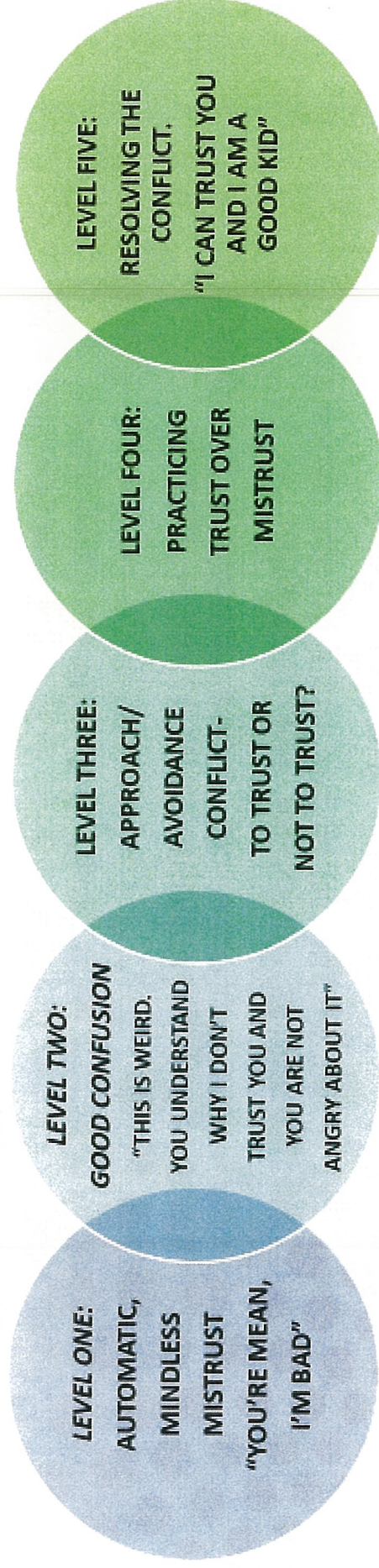


Dan Hughes

- Shame limits a child's ability to learn from their mistakes or feel empathy for others.
- To reduce the pain of repeated experiences of shame children learn to put up a 'shield' against shame.
- Children learn strategies to externalise the blame to others to help reduce the emotional distress of internalising the shame, and thus taking on the message that they are no good.

From Mistrust to Trust

Stages in the journey to secure attachment:



Australian
Childhood
Foundation

Parenting with PACE

- **Playful** – light, open, hopeful, spontaneous.
- **Accepting** – unconditional acceptance of the experience of the child (feelings, emotions and thoughts).
- **Curiosity** – non-judgemental, active interest in the child's experience, as well as behaviours to learn what is triggering them.
- **Empathy** – about past hurts and present challenges. A 'felt' sense of the child, which is actively experienced and communicated.

Dan Hughes (2009)

