

EXERCISES FOR WORKING ON SHAME

By Barbara Moon

GOAL: To *Feel* the struggle to say something when *observing* a narcissistic interchange. This is simply to notice how one's body feels. Two people read the scenario with feeling.

Uncle Joe speaks sarcastically about Aunt Sue at a family function where several people can hear. As you listen observe how you and your body feel. You don't have to say anything, only notice how you are feeling.

Uncle Joe: If she didn't spend so much money, we would be a lot better off!

Aunt Sue: If you had a better job, we wouldn't have all these problems!

Uncle Joe: That's enough, Woman! I can't stand it when you get on my case!

Discuss with group or partner how you and your body felt. Did you want to hit, run, become invisible, gossip later, fuss at them?

Now listen again and see if you can practice pausing, attune to Jesus, and give a gentle response/good shame message.

GOAL: To practice various responses to hurt feelings. (Hug (yes try a hug), practice pausing, a gentle response, possible good shame message.) Get with a partner. Person A read with feeling, but not cruel.

Person A: You make me so mad sometimes!

Person B:

Person A: This meat is too tough to eat! When will you learn to cook better?

Person B:

Person A: Would you please be quiet! I'm trying to work here!

Person B:

Person A: This project is terrible! Can't you do better than this?!

Person B:

Person A: Go away! Leave me alone!

Person B:

Discuss your feelings. Did you notice your body? Now switch and go through again. If time, each take another turn.