

Shame and Guilt

Part II

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The Maryland Center of Excellence
on Problem Gambling

Namaste **مرحبا** **Willkommen** Bem Vindo Selamat Datang
Bienvenidos **Willkommen** Welcome Bienvenidos أهلا وسهلا
Benvenuti **W** **elcome** **مرحبا** Croeso
Welkom **W** **elcome** **مرحبا** Croeso
Bienvenue **W** **elcome** **مرحبا** Croeso
Bienvenidos **W** **elcome** **مرحبا** Croeso
Selamat Datang **W** **elcome** **مرحبا** Croeso
Welcome **Bienvenue** **مرحبا** Croeso Bem Vindo
Willkommen **Bienvenue** **مرحبا** Croeso Bem Vindo
добре дошъл **Benvenuti** **مرحبا** Croeso
Καλώς ήλθετε **Benvenuti** **مرحبا** Croeso

Learning Objectives

- To learn the definitions of Shame and Guilt
- To increase awareness and understanding of how Shame and Guilt impact the problem gambler and their environment.
- To learn therapeutic techniques and coping skills to help clients work through and deal with feelings of Shame and Guilt.

- Painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior. (Oxford Languages)
- The uncomfortable sensation we feel in the pit of our stomach when it seems we have no safe haven from the judging gaze of others. (Scientific American)
- The feeling that arises when clients feel like they are flawed as a person because of a behavior they exhibited. (Amanda E. White, Not Drinking Tonight)
- “I AM THE MISTAKE”

SHAME





*Shame is the most powerful, master emotion. It's the fear that we're not good enough.
~ Brene Brown*

?Think About It?

- What is your first memory of shame?
- At what age did you begin to notice that you're struggling with feelings of shame?
- In your early experiences what may have caused shame?
- How is shame showing up and informing your relationships now?



- A feeling of responsibility or remorse for some offense, crime, wrong, etc., whether real or imagined. (takingtheescalator.com)
- An emotional discomfort you feel when you believe that you were responsible for something that offended or hurt someone else. (Centerstone.org)
- The feelings of remorse or unease that client's experience after they have done something wrong, especially towards another person. (Amanda E. White, Not Drinking Tonight)
- "I MADE A MISTAKE"

Signs of *Guilt*

Psychological Symptoms

- a. Experiencing recurring obsessive thoughts
- b. Anxiety, sadness, and low self-esteem.
- c. Being extremely sensitive to the effects of every action.
- d. Avoiding any full range of emotion.
- e. Being overwhelmed by making a wrong decision.
- f. Self-punishing and self - sabotaging behavior.
- g. Feeling undeserving.
- h. Putting others before oneself.

Physical Symptoms

- a. Sleeping disorders such as insomnia.
- b. Fatigue and stomach related problems like indigestion.
- c. Muscle pain and lethargy.
- d. Experiencing heaviness in the whole body.



The Differences Between SHAME and GUILT

SHAME

- ✓ Focus on self
- ✓ Harder to resolve
- ✓ Felt over long term
- ✓ Caused by critical self judgment



GUILT

- ✓ Focus on the act
- ✓ Can be resolved in a healthy way
- ✓ Felt over shorter terms
- ✓ Caused by fear of harming others



Guilt is a feeling often experienced when we act against our values.

Shame is a deeply held belief about our unworthiness as a person.



Differences between Shame and Guilt

?Think About It?

- What is your first memory of feeling guilt?
- At what age did you begin to notice that you're struggling with feelings of guilt?
- In your early experiences what may have caused the guilt?
- How is guilt showing up and informing your relationships now?



Beach

Case Study

Dan is a 45-year-old married cisgender white American male and the father of five (5) children ages 16-23. Dan was a successful real estate agent with an income of approximately 300Kplus per year. Dan began gambling approximately 10 years ago as his business gained momentum and became more lucrative.

About seven (7) years ago Dan experienced heavy losses and soon found himself in deep debt. He started chasing his losses and using funds from his company as a “quick way to fix” to his financial issues. Dan received financial bailouts from immediate family, in-laws, partners and friends who trusted that Dan would be able to repay his debts based on his successful past. All attempts to make his business solvent was unsuccessful. Dan file for the first bankruptcy.

Feeling like a failure, Dan began to use alcohol to self-soothe. Dan became increasingly withdrawn, isolated from family, business connection and friends and was secretive about financial issues. Dan declared bankruptcy for the second time pre-pandemic.

More About Dan

After the second bankruptcy Dan's home was sold in foreclosure. He owed over a million dollars in back taxes. His business failed. He could no longer pay for his two children's college tuition. His wife was contemplating separation/divorce.

Dan became depressed and experienced insomnia. To relieve pain, Dan began drinking four to six cocktails of nightly. His drinking affected his relationship with his wife and children.

Dan confessed about his problem gambling to his wife. Dan apologetically confessed his mistakes to his wife . Dan and his wife agreed that he should seek professional help.

SHAME VS. Guilt

- **Guilt:** Guilt is generally about something that you have done. It refers to something you did wrong or a behavior that you feel bad about.
- **Shame:** Shame refers to something about your character or who you are as a person that you believe is unacceptable. Shame is not about doing something wrong. It is about a feeling that you have when you perceive that you are not good enough in some way.



Ways to Work Through Shame

- Pay attention to Emotions, Feelings and Body Sensations
- Identify Triggers
- Make Connections
- Practice Healthy Self-care
- Reevaluate Values

[verywellmind.com](https://www.verywellmind.com)


Amanda E White, Not Drinking Tonight

Ways to Work through Guilt

- Understand your emotions
- Accept responsibility for what happened
- Treat yourself with kindness and compassion
- Express remorse for your mistakes
- Make amends and apologize (including apologizing to yourself)
- Look for ways to learn from the experience
- Focus on making better choices in the future

[verywellmind.com](https://www.verywellmind.com)





We need to talk about shame

BRUNO BARSBY



