

Parallel Learning Technology

A Life of Shame Living as a Adult/Child

Each of us came into this world:

- To discover who we are (Self-Identity)
- To discover how to contribute and participate (Self-Esteem)

Growing up is intended to result in a perspective of equality. But something interrupts this maturation process. Many of us do not adequately develop:

- Emotional Self-Authority
- Emotional Self-Responsibility
- Emotional Self-Accountability
- Emotional Self-Control

We learn to survive by living in a cycle of control, which results in predictable feelings and behaviors:

- If we feel hurt, we blame
- If we feel guilt, we get angry
- If we feel shame, we become apathetic

Our obsession with control begins to feel natural. We have ready-made patterns and become the victim, persecutor, or rescuer in any relationship. But these become sources of physical and emotional stress.

We slip deeper into the perspective of inequality and stress increases. We try to have successful relationships while living in a cycle of passive-aggressive control.

This self-defeating cycle creates hurt and guilt, which hook to any unresolved shame from childhood.

Shame starts in childhood and is 'added to' in adulthood. It is created by repeated bombardments of false judgments and punishments. If a child is blamed, judged, and punished for something that did not happen or was unavoidable, they may develop the belief that "I am wrong."

This is the only way for the child's mind to accept responsibility and resolve the dilemma on an emotional level. The child goes into the world soaking up guilt like a sponge.

Shame has no feeling but can be identified by certain perceptions, attitudes, thinking, and behaviors.

The shame-based person sees authority outside of themselves:

- Is unable to say “No”
- Is unable to say “No” without getting angry
- Is unable to solve their problems
- Is unable to let go of an issue
- Has to be right; feels out of control of their life and grows up feeling helpless.

The emotional devastation of shame appears in childhood or adolescence as:

- Delinquency
- Extreme rebellion at home and in School
- Inability To Get/Keep a Job
- Eating Disorders
- Substance Abuse
- Gang Participation

As adults, we add to this list ...

- Authority Conflicts
- Co-dependency
- Abusive Relationships
- Chemical Dependency
- Divorce

Life becomes a constant battle. As the hurt and guilt accumulate, we start collecting in our emotional “Book of Shame”.



The good news is, there is a way out of this life of self-judgment and living on the defensive.

Life Skills U has developed educational courses and coaching processes that taps into our natural process of emotional resolution.

We don't have to dig into all the details of our past to resolve the negative feelings and emotions. Once our minds are given a logical explanation as to why things happened, they release the old patterns.

You can begin a process today that will transfer the contents of your “Book of Shame” into your “Book of Wisdom”.



**(Concepts and Excerpts from Passage to Adulthood, Chapter 3 and
Journey: Resolving the Past, Part II, Chapter 4)**

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