

SIGNALS THAT SHAME EXISTS

- Grandiosity, pride, self righteousness
 - Power struggles over who is right and who is wrong - argumentative
 - Inability to tolerate difference without judgment and anger
 - Frequent defensive, rageful, irritable or resentful behaviors
 - Judgmental and critical statements
 - Sarcasm, labeling, put downs, derogatory statements, ordering, demanding ...
 - Racist, sexist or any other prejudiced belief system
 - Loneliness, isolation, withdrawal, non-participation
 - Perfectionism and people pleasing
 - Enabling, caretaking, rescuing, fixing, doing, advising
 - All defenses and defensiveness - rationalization, justification, minimization, denial etc.
-
- Being over-protective
 - Controls self and others with either rewards or punishments
 - Low self-esteem, feelings of inferiority, inadequacy , failure and worthlessness
 - Fears of rejection, abandonment, punishment, criticism, failure
chaos, anger, conflict, intimacy...
 - Sexual problems
 - Over control of self and others - many shoulds, musts, have to's and rules
 - Personalizes things and acts out - eg road rage
 - Impulsive and over reactive behaviors
 - All or nothing, black or white, right or wrong thinking
-
- Aggressive, passive aggressive or passive behavior
 - Extreme mood swings
 - Addictions - food, sex, work, chemicals, relationships, exercise etc.
 - Dependency and Codependency
 - Depression (shame) and/o anxiety (fear of feeling shame)
 - Finds it hard to apologize, own up and take responsibility
 - Self-deprecating behavior
 - Martyr behavior
 - High achievement and focus on status and possessions
 - Showing off behavior
 - Procrastination