

How We Experience Shame

- ❖ Setting unrealistic expectations
- ❖ People-pleasing
- ❖ Overly sensitive to criticism and feedback
- ❖ Women act in self-loathing, while men become angry and violent towards others
- ❖ Not feeling worthy of good things
- ❖ Isolating in relationships
- ❖ Thinking about past failures and rejections
- ❖ A fear of being known because we do not feel good enough to be known
- ❖ Feeling like you are flawed and everyone knows it

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Shame Experience

Jiyuan Zhang



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