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# SHAME AND

# *GUILT*

Characteristics of the  
Dependency Cycle.

An Historical Perspective for Professionals.

Ernest Kurtz, Ph.D.

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# Shame And Guilt Characteristics Of The Dependency Cycle

**Ernest Kurtz**



## **Shame And Guilt Characteristics Of The Dependency Cycle:**

*Shame and Guilt* Ernest Kurtz, 2007 Shame feeling bad about one's self in shame The deep meaning of the word bad is unable to fit unable to fit into some external context in the case of guilt unable to fit into one's own being in the case of shame Human experience offers two different ways of discovering that one does not fit of feeling bad Each has to do with the boundaries of the human condition But there are two kinds of boundaries and it is important to recognize their difference the difference between rules and goals For though the human condition is bounded recognizing that reality can be either a choking tightening experience or it can lead to the discovery of a new freedom True shame's negative side points up failure and falling short but shame also entails something positive insight into the reality of the human condition The experience of shame lays bare the essential paradox that inheres in being human to be human is to be caught in a contradictory tension between the pull to the unlimited the more than human and the drag of the merely limited the less than human Shame's healing is to be found in the discovery of how that paradox can be lived creatively in ways that find other human beings to be not the problem in shame but its solution **Shame, Guilt, and Alcoholism** Ron Potter-Efron, Bruce Carruth, 2014-04-04

Increase your understanding of the link between alcoholism and shame and guilt with this tremendously important book that adds to our understanding of the total recovery process This practical volume authoritatively defines the often elusive terms of shame and guilt and provides constructive suggestions to therapists for treating alcoholic clients and affected family members who are suffering from excessive quantities of shame and guilt Shame Guilt and Alcoholism thoroughly explains to therapists the significant differences between shame and guilt as displayed by clients' experiences of failure primary responses and feelings precipitating events and involvement of self and origins and central fears Author Potter-Efron includes creative approaches to the general treatment of shame and guilt explores the positive functions of shame and guilt describes the conscious and subconscious defense mechanisms against shame and guilt and highlights the very crucial family behaviors that initiate and encourage shame and guilt Shame Guilt and Alcoholism adds immeasurably to our understanding of the total recovery process *The Treatment of Shame and Guilt in Alcoholism Counseling* Ron Potter-Efron, Patricia Potter-Efron, 2013-04-15 This insightful new book sheds light directly on shame and guilt interactive aspects of the human condition that are deeply involved in the development and treatment of alcoholism and chemical dependency Contributors to this valuable book discuss the process of healing internalized shame within the chemically dependent client and among the family members They explore creative techniques that foster understanding and coping strategies videotaping and storytelling with clay and stuffed animals Professionals who are experienced in treating chemically dependent clients and their families explore shame and the healing of shame while examining the culture within which both occur A major focus is the destructiveness of shame and guilt shame keeps the family from seeking help erodes self worth and produces destructive secrets that cannot heal and guilt may circulate freely between alcoholic and family members so that everyone begins to feel

responsible for the pain of others      **The Many Faces of Shame** Donald L. Nathanson,1987-06-01 For almost a century the concept of guilt as embedded in drive theory has dominated psychoanalytic thought Increasingly however investigators are focusing on shame as a key aspect of human behavior This volume captures a range of compelling viewpoints on the role of shame in psychological development psychopathology and the therapeutic process Donald Nathanson has assembled internationally prominent authorities engaging them in extensive dialogue about their areas of expertise Concise introductions to each chapter place the authors both historically and theoretically and outline their emphases and contributions to our understanding of shame Including many illustrative clinical examples the book covers such topics as the relationship between shame and narcissism shame s central place in affect theory psychosis and shame and shame in the literature of French psychoanalysis and philosophy      *God and Alcoholism* Dick B.,2002 This book traces A A s real Bible based pioneer program It highlights the early view that relief from alcoholism and addictions can be obtained and a cure received by turning to God The author discloses his own recovery and deliverance within the rooms of A A and applauds the great and unique role of the society during the 20th Century      *The Journey Within* Ruth Fishel,2010-01-01 Ruth has shared her personal journey and given you powerful tools of meditation affirmations and visualizations to help you grow spiritually

**Good Morning!** Dick B.,1998 Dick B is a writer historian Bible student retired attorney and recovered AA who has devoted 18 years of his life to digging out and publicizing the real biblical roots of the early A A fellowship In early AA Quiet Time was a must God s guidance was a must And the A A pioneers followed the rules of the Bible in pursuing fellowship with their Creator Dick has published 33 titles on the history subject      *New Light on Alcoholism* Dick B.,1999 Dick B is a writer historian Bible student retired attorney and active recovered member of A A He and his son Ken devoted many years to researching the role life writings and contributions of Rev Samuel M Shoemaker to Alcoholics Anonymous The quest took Dick B to Shoemaker s churches in Pittsburgh and New York to the Episcopal Church Archives in Austin Texas to Hartford Seminary to Princeton University and to the family and friends of this great Episcopal rector and preacher In all Dick B has published 33 books on the history of early A A      *The Patient's Ordeal* William May,1991-06-22 an excellent contribution to medical ethics Ethics wide ranging compassionate and insightful Publishers Weekly a sensitive and provocative approach to the study of ethical decision making Choice This sensitive and moving book compels and merits the grateful concentrated and critical attention of all who know who live with and who seek to help those human beings to whom terrible things have happened BioLaw The human contact embodied in The Patient s Ordeal puts the book light years ahead of others in the field of medical ethics Once the dust from the academic reviews has settled this book will be one of the few in the field of medical ethics that is thought of as a seminal work one that has broken new ground A remarkable well written significant work it cannot be commended too highly Second Opinion      **A Minister's Handbook of Mental Disorders** Joseph W. Ciarrocchi,1993 A practical guide that helps pastoral ministers to recognize and deal with the array of common mental health

problems in their ministry including depression anxiety addictions and personality disorders

**Social Dynamics in Second Language Accent** John M. Levis, Alene Moyer, 2014-04-01 This volume offers a definitive source for understanding social influences in L2 pronunciation demonstrating the importance of empirical findings from a number of research perspectives and outlining the directions that future work can take The aim is to present a coherent argument for the significance of social factors and how they contribute to phonological acquisition

**The Books Early AAs Read for Spiritual Growth** Dick B., 1998 The most exhaustive bibliography with brief summaries of all the books known to have been read and recommended for spiritual growth by early AAs in Akron and on the East Coast

**Spiritual Awakening** John Ackerman, 1994-12-01 Ackerman parish pastor spiritual director and consultant on spiritual formation provides an excellent guide for clergy desiring a congregation wide approach to developing spirituality rooted in the life of the congregation A six week program focuses on developing individuals spirituality in small groups and includes leader training and course plans Practical suggestions assist in developing the corporate spirituality of congregations

Evil Eye in Christian Orthodox Society Nikolaos Souvlakis, 2021-06-11 Evil eye is a phenomenon observed globally and has to do with the misfortune and calamities that we can cause to someone else out of jealousy of their possessions The book engages with evil eye beliefs in Corfu and investigates the Christian Orthodox influences on the phenomenon and how it affects individuals reactions to it Developing an interdisciplinary dialogue it offers a fresh view of evil eye as a facilitator of wellbeing rather than a generator of calamities

*The Oxford Group & Alcoholics Anonymous* Dick B., 1998 A A s life changing program derived almost exclusively from the precepts of A First Century Christian Fellowship also known as the Oxford Group of which A A was an integral part in its early years This book is the only study devoted exclusively specifically to the Oxford Group origins ideas principles practices specific impact on A A its Big Book its Twelve Steps

*Shame* Robert H Albers, William M Clements, 2013-12-19 In this new guidebook designated as one of the Top Ten Books of the Year for 1996 by The Journal of the Academy of Parish Clergy author Robert H Albers provides both an analysis of and a Biblical and theological reflection upon the human experience of disgrace shame Albers approaches the subject from a pastoral perspective from which he makes suggestions on how this phenomenon can be dealt with from the background of a faith tradition He develops and explores new and existing valuable conceptual and pastoral resources to aid people in dealing effectively with the debilitating experiences of disgrace shame Shame A Faith Perspective is unique in that it incorporates deliberate theological reflection upon the human experience of disgrace shame Its value is in naming this phenomenon analyzing it and identifying the resources for dealing effectively with this experience It assists clergy and counselors in identifying this phenomenon and provides conceptual and practical suggestions on how to deal most effectively with disgrace shame Clergy as well as laypeople can find answers to their questions about the nature of shame and become better equipped to facilitate the process of healing Utilizing the findings of social sciences the author provides specific information on shame including Distinctions

between shame and guilt Distinctions between discretionary shame and disgrace shame Identification of the dynamics of disgrace shame Analysis of the defenses used in dealing with disgrace shame Identification of the resources available from the Judeo Christian tradition in reflecting theologically on the issue of disgrace shame Suggestions for ways in which disgrace shame might be dismantled from the perspective of faith For parish pastors and priests counselors and therapists seminary professors teaching pastoral care and nonordained people within the Christian community Shame A Faith Perspective provides a theologically informed method for addressing issues of disgrace shame Readers can begin to distinguish between guilt and shame in human experience search out theological resources for understanding and learn to deal effectively with the experience of disgrace shame **Ecofeminist Philosophy** Karen Warren,2000-10-11 A

philosophical exploration of the nature scope and significance of ecofeminist theory and practice This book presents the key issues concepts and arguments which motivate and sustain ecofeminism from a western philosophical perspective **An**

**Unholy Alliance** Robert J. Higgs,Michael Braswell,2004 An Unholy Alliance offers a dissenting view to the claim by a growing number of scholars that Sports are a new religion The last few years have seen a spate of books that might be classified by a genre called Sports Apologetics that is arguments defending or celebrating in one way or another the familiar and ongoing alliance in America between sports and religion Recently claims have been made by scholars that sports are an authentic religion in and of themselves They make this startling assertion not by showing connections with the teachings of Buddha Jesus Mohammed or Moses but by parallels between the rites of modern games and those of preliterate man that were religious in nature because they were designed to propitiate powers and to ward off evil for the tribes employing them In this evocative book Higgs and Braswell suggest that while sports may often be good things they are not inherently divine They do not focus on wide spread abuse in sports as evidence for their counterargument Rather they question the use of mythological parallels from prehistory as justification for viewing sports as a religion [The Complete ACOA Sourcebook](#)

Janet G. Woititz,2010-01-01 When they were first released in the 1980s Janet Woititz s groundbreaking works Adult Children of Alcoholics Struggle for Intimacy and The Self Sabotage Syndrome provided a new message of hope to adult children who had grown up in the shadow of alcoholic parents Their message today is as profound and timeless as it was two decades ago Now in this complete collection readers will learn again the insight and healing power of Janet Wotitz s words The Complete ACoA Sourcebook is a compilation of three of Dr Woititz s classic books addressing head on the symptoms of The Adult Children of Alcoholics syndrome and providing strategies for living a normal life as an adult Readers will find help for themselves at home in intimate relationships and on the job They will discover the reasons for the way they think believe and feel about themselves ACOAs often feel isolated have difficulty in relationships in the workplace and in feeling good about themselves Readers who are familiar with Woititz s work will find wisdom once again in this classic collection Those new to ACoA will gain fresh insight into their behavior patterns and find an avenue for self love and healing Noted ACoA expert Dr

Robert Ackerman author of the best selling Perfect Daughters and Silent Sons provides a foreword and explains why Janet Woititz s message will continue to help millions of readers for generations to come      **Letting Go of Shame** Ronald Potter-Efron, Patricia Potter-Efron, 2009-12-10 Letting Go of Shame Understanding How Shame Affects Your Life helps to explain the emotion of shame and its impact on our self image and relationships As we identify shame and use recovery skills to work through it the authors offer us a way that we can personalize a plan of action to help build our self esteem and they suggest exercises to help us identify our feelings of shame

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