

## 1 **CODEPENDENCE WORKSHOP**

Chapter 7

### 2 **FACING SHAME**

- Trauma and wounds must be confronted for authentic healing to occur
- Behind each inventory item lies a deeper underlining message – something that was sent into our life.
- We need to see how and if we received that message as truth and how we have responded to the act of violation or pain. (self loathing, anger, resentment, pity, etc.)
- Getting to the heart of what is driving our life is the key to life-long freedom.

### 3 **WHAT IS SHAME?**

- Sense of feeling we “missed the mark”, we failed or we didn’t measure up to a standard.
- Makes us feel dirty or not “normal.”
- All shame is a by-product of sin and darkness, and it always authored by Satan. God doesn’t shame us, not ever.

### 4 **HOW DOES SHAME ENTER?**

SHAME ENTERS BY NOT MEASURING  
UP TO STANDARDS BY OTHERS, SELF OR GOD

- Most codependents feel “not good enough”
- Basis for standards is derived from other people and other systems
- Systems include skewed self expectations, family systems, relationships, culture and church

### 5 **MEASURING BY STANDARDS**

- When we live life by standards around us, either we will be “too good” or “not good enough” (pride)
- This lifestyle can lead to being extremely judgmental countered by extreme self loathing
- Hanging out with unhealthy people can be a method of “lowering the bar of expectation” so I can feel better about myself

### 6 **THE PROPER STANDARD**

- One of the key goals in this process is that we come into contact with one standard – Jesus Christ.
- The measurement of His standard is realized in His grace – it’s Him that makes us sufficient
- This may not happen at this point, but hopefully it eventually will occur as we go through this process

### 7 **#2. SHAME ENTERS THROUGH NOT DEALING WITH SIN BIBLICALLY**

Condemnation, guilt, and shame are tactics used by the Enemy to prevent us from seeking God’s remedy and the power of His Holy Spirit.

- Guilt - a sense that we violated something or someone, either by what we did or did not do
- Shame - a sense of unworthiness whereby we feel we are unacceptable to God and others
- Condemnation - a sense of being “damned.” It stands in complete opposition to salvation

8 ■ **TABLE 6: GOD'S CONVICTION VERSUS GUILT/SHAME**

9 ■ **#3. SHAME ENTERS THROUGH VIOLATIONS BY OTHERS**

- Sins of others are like "dirty hands" being wiped all over us.
- We need to come into contact with the message the violation spoke into our life
- We need to recognize abuse at all levels
- Going back to original violation through trauma counseling/prayer can be extremely effective.

10 ■ **ABUSE**

- Physical abuse
- Sexual abuse
- Mental abuse
- Emotional abuse
- Abuse by neglect of legitimate needs
- Spiritual abuse

11 ■ **VICTIM CYCLE**

- Believe Abuse is Deserved.
- The Cycle of Enablement
- The "I Am a Victim" Mentality.

12 ■ **DEALING WITH VICTIM MENTALITY**

- A chronic victim needs love, but firmness
- Needs to face self accurately
- Some victims don't want to be set free, and continually set themselves up to be the victim again
- The abuse cycle is serious – needs more specific work

13 ■ **PASSING ON SHAME**

- Sadly, when we carry shame, we unknowingly will impute it on others.
- Shame often is carried from one generation to the next.
- We will be learning how to rid shame in the next two chapters
- Whatever is in our hearts, good or bad, will be poured out on others
- Whatever is in other people's hearts, good or bad, will be poured onto you
- Resentments are one way to deal with it – forgiveness is another. We have a choice