

Table 4.2

SHAMING RULES AND MESSAGES

Shaming Rules

1. Don't express your feelings
2. Don't get angry
3. Don't get upset
4. Don't cry
5. Do as I say, not as I do
6. Be good, "nice," perfect
7. Avoid conflict (or avoid dealing with conflict)
8. Don't think or talk; just follow directions
9. Do well in school
10. Don't ask questions
11. Don't betray the family with outsiders; keep the family secrets
12. Be seen and not heard!
13. No back talk!
14. Don't contradict me
15. Always look good
16. I'm always right, you're always wrong
17. Always be in control
18. Focus on the troubled person's behavior exclusively
19. Drinking (or other troubled behavior) is not the cause of our problems
20. Always maintain the status quo
21. Everyone in the family must be an enabler

Shaming Messages

1. Shame on you
2. You're not good enough
3. I wish I'd never had you
4. Your needs are not all right with me
5. Hurry up and grow up
6. Be dependent
7. Be a man
8. Big boys don't cry
9. Act like a nice girl (or a lady)
10. You don't feel that way
11. Don't be like that
12. You're so stupid (or bad, etc.)
13. You owe it to us
14. Of course we love you!
15. I'm sacrificing myself for you
16. How can you do this to me?
17. We won't love you if you...
18. You're driving me crazy!
19. You'll never accomplish anything
20. It didn't really hurt
21. You're so selfish
22. You'll be the death of me yet
23. That's not true
24. I promise (though breaks it)

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ATTACHMENT STYLES

Table 4.3

Secure Attachment Style	Ambivalent Attachment Style
Self Dimension - I am worthy of love. - I am capable of getting the love and support I need. Other Dimension - Others are willing and able to love me.	Self Dimension - I am not worthy of love. - I am not capable of getting the love I need without being angry and clingy. Other Dimension - Others are capable of meeting my needs but might not do so because of my flaws. - Others are trustworthy and reliable but might abandon me because of my worthlessness.

Avoidant Attachment Style	Disorganized Attachment Style
Self Dimension - I am worthy of love - I am capable of getting the love and support I need. Other Dimension - Others are either unwilling or incapable of loving me. - Others are not trustworthy; they are unreliable when it comes to meeting my needs.	Self Dimension - I am not worthy of love. - I am not capable of getting the love I need without being angry and clingy. Other Dimension - Others are unable to meet my needs. - Others are not trustworthy or reliable. - Others are abusive, and I deserve it.

Table 4.4

Core Beliefs

The core beliefs that form the self and other dimensions are derived from the following questions:

1. Am I worthy of being loved?
2. Am I competent to get the love I need?
3. Are others reliable and trustworthy?
4. Are others accessible and willing to respond to me when I need them to be?