

Topic: Difficult feelings  
Difference b/t guilt + shame.

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Key Points

Notes

What is the difference  
b/t shame + guilt?  
- direction  
- responses.

shame - directed at self. - "bad person"  
Guilt - directed at behaviour - "I did  
a bad thing"

Shame - destructive. Guilt - constructive  
- redirect. - confess, apologize  
- shrink, hide - repair harm.  
- deny, minimize, blame. - effects on others  
- worthless

How do we deal with  
feelings of guilt or  
shame?

~~How can we help someone suffering from  
shame?~~  
Apologizing is best way to  
alleviate if you have wronged someone.

Dealing with  
unwarranted guilt

Feeling guilt about something you  
are not responsible for is destructive.  
e.g. Survivor guilt

What would a friend say?  
Really, am I responsible?  
Is this fair?

Working through  
shame.

Shame - therapy is an option.  
- self compassion  
- realistic about responsibility  
- talk about it. → shame phobic  
- things we have done.  
- who we are. - stigma → do  
you buy into that?

Processing shame into  
guilt

Become aware of difference and  
b/t shame + guilt + process of  
dealing with it.  
shame → guilt →

Internal shame → find other folks  
with like experiences - stigma

Summary. Guilt and shame are difficult emotions that  
are sometimes thought of as the same, but are different in how  
they are framed and the responses they elicit. Guilt is  
behaviour focused and prompts repair of harm. Shame prompts  
denial, blame, and redirection. Working through shame → talk about  
it, self compassion, connect with others feeling the same  
and focus on strengths.

Topic: Dealing with  
Dislike feelings  
Difference b/t guilt  
& shame.

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Preventing shame.

Dealing with unrealistic expectations

- separate others' expectations

from own.

- be true to ~~others~~ your own values.

Summary: Managing expectations is an important strategy  
for dealing with shame.