

Flip the Script - Resolving Shame and Guilt

Understanding Feelings and Emotions

1. Emotions

- Definition: A natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.
- Emotions as feedback: Subcortical feedback that indicates being out of alignment or integrity.
- Emotions as polarizations: Swinging between poles, with love as the center of balance.

2. Feelings

- Definition: Describing one's felt experience, including emotions and other sensory perceptions.
- Importance of feeling: Essential feedback for survival, wisdom, and self-trust.
- Repressing feelings: Fear-driven behavior due to societal conditioning, leading to disconnection and numbing.

3. The Cost of Repressing Feelings

- Missing essential feedback: Impaired behavior guidance and alignment.
- Subordination to external authorities: Neglecting personal values and following others' agendas.
- Mistrust in oneself: Disconnecting from internal intuition and gut feelings.
- Overrides wise choices: Unable to make decisions based on authentic emotions and sensations.

4. Disconnection

- Numbness and detachment: Resulting from suppressing or distancing oneself from painful emotions.
- Need for self-soothing: Engaging in external behaviors to cope with the disconnection.
- Importance of co-regulation: Learning to connect and regulate emotions with others for a balanced experience.

Working With Shame and Guilt

**For each step write down as many examples as needed until you feel an emotional shift. 10-15 is a good starting point, but you might need 100 or more to shift something that has been stuck for some time.*

1. Shame and Guilt

- Purpose of shame and guilt: Feedback to prompt behavior change, adjust expectations, and align with personal values.
- Two sides of shame and guilt: The upside as feedback, the downside as self-judgment and punishment.
- Importance of embracing shame and guilt as natural emotions for personal growth.

2. Flip the Script on Shame

Step 1: Flip Shame

- Recognizing shame as a wake-up call to what one cares about.
- Identifying specific behaviors or actions that trigger shame.

Step 2: Identify the Behaviors

- Being specific about the source and nature of shame.
- Avoiding generalizing or globalizing negative self-perceptions.

Step 3: What are the Benefits?

- Recognizing the benefits of the behavior triggering shame.
- Connecting how shame serves as a motivation for change.

Step 4: What is the Fantasy?

- Imagining the drawbacks of reaching the ideal fantasy where shame is eliminated.
- What is the cost to ignoring shame?
- Cultivating appreciation for the growth potential and feedback provided by shame

3. Flip the Script on Guilt

Step 1: There are Benefits and Drawbacks to Guilt

- Recognizing the role of guilt in awakening awareness of personal values.

- Identifying specific behaviors or actions that trigger guilt.

Step 2: Identify the Source

- Being specific about the source and nature of guilt.
- Avoiding generalizing or globalizing negative self-perceptions.

Step 3: What are the Benefits?

- Recognizing the benefits of the behavior triggering guilt for others.
- Understanding how guilt serves as a motivation for change and alignment.

Step 4: What is the Fantasy?

- Imagining the drawbacks for others if guilt was eliminated.
- Cultivating appreciation for the growth potential and feedback provided by guilt.

Shift from Expectations to Appreciation

1. Appreciation vs. Expectations

- Understanding the difference between expectations and appreciation.
- Expectations are a set-up for disappointment, while appreciation fosters gratitude.

2. The Power of Gratitude

- Shifting to gratitude as a mindset for resilience and contentment.
- Recognizing challenges as opportunities for growth and strength.
- Everything that happens can and is a lesson

3. Practicing Flip the Script

- Applying Flip the Script to shift from expectations to appreciation.
- Identifying the benefits and drawbacks of both expectations and the current reality.
- Cultivating a genuine appreciation for the present moment and personal growth.