

## 1C-Shame

Shame is one of the difficult parts of recovery. Many of us do not know when we are having shame. Yet, the shame will drive us to not do some things and to do other things which we do not want to do.

Shame keeps me stuck. (Which is why we can not recover on our own: I can not deal with shame by myself.)

One technique for dealing with shame is to say all the shame (without putting it on others). The floor here can soak up a lot of shame and not be harmed by it.

What messages about my sexuality did I learn while growing up?

How can I tell if I'm feeling shame? What actions do I do which indicate I'm having shame?

What parts of my sexuality do I have shame about?

Part of the formal first step is sharing as much shame as we can. If we share the most shameful thing we have done with the group, it really helps to reduce the shame.

What is the part of my addiction or what actions that I did do I have the most shame about?

When we stop acting out, often we find that we feel just as much shame as when we were acting out. Some people talk about all the shame they had been stuffing while acting out now coming out when they are not acting out. Spouses can accuse us of acting out as they see the shame. This will pass as we continue to not act out. Over time, we will find other things about which we have shame. It can take 5-12 months of sharing in meetings to get rid of all this shame.

One way to counter the shame is to turn our previous shame into affirmations. Turn each prior negative message into an affirmation for the future. What is a positive affirmation for my sexuality? How can I honor myself when having shame?

The program talks about not regretting the past nor wishing to "close the door" on it. In order to get there, we have to deal with our shame so that we can see how our higher power will use that past to benefit us.