

WIRED FOR CONNECTION

Connecting with self and others after adversity:
Week 4:
Offloading Pain Shame Shields

October 2022
Carolyn Klassen
Wired for Connection

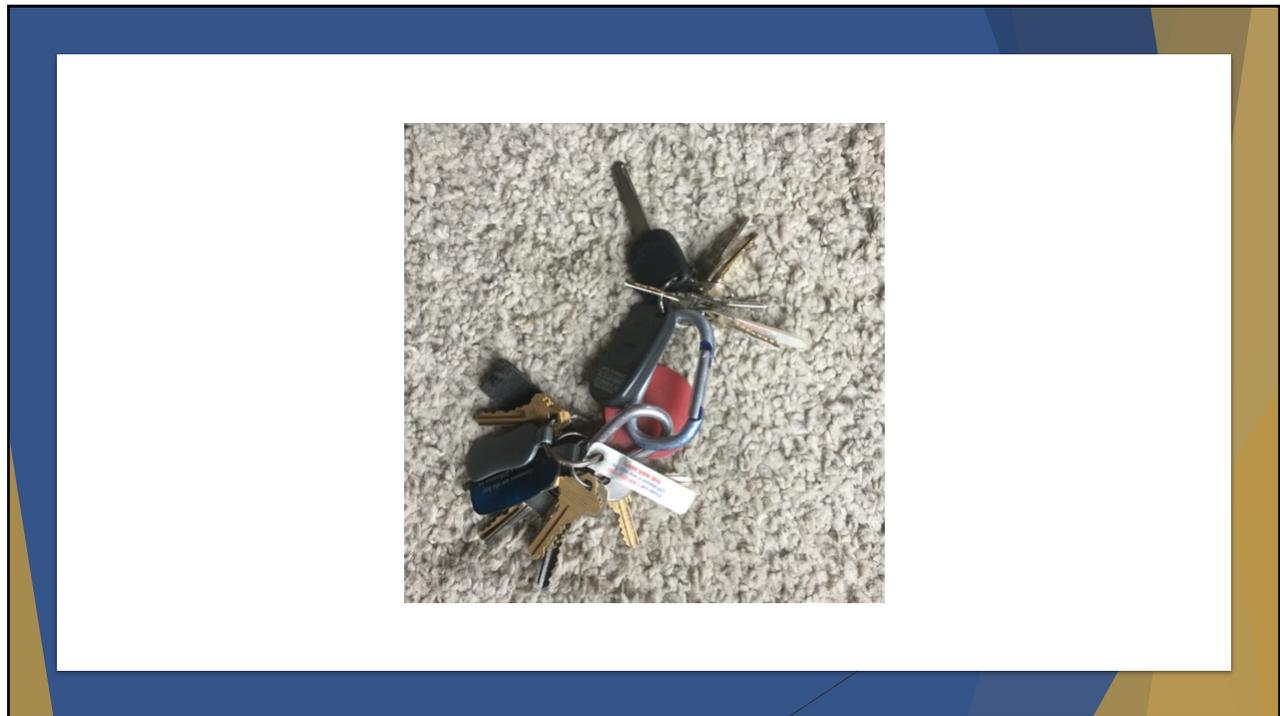
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KEEP THINKING

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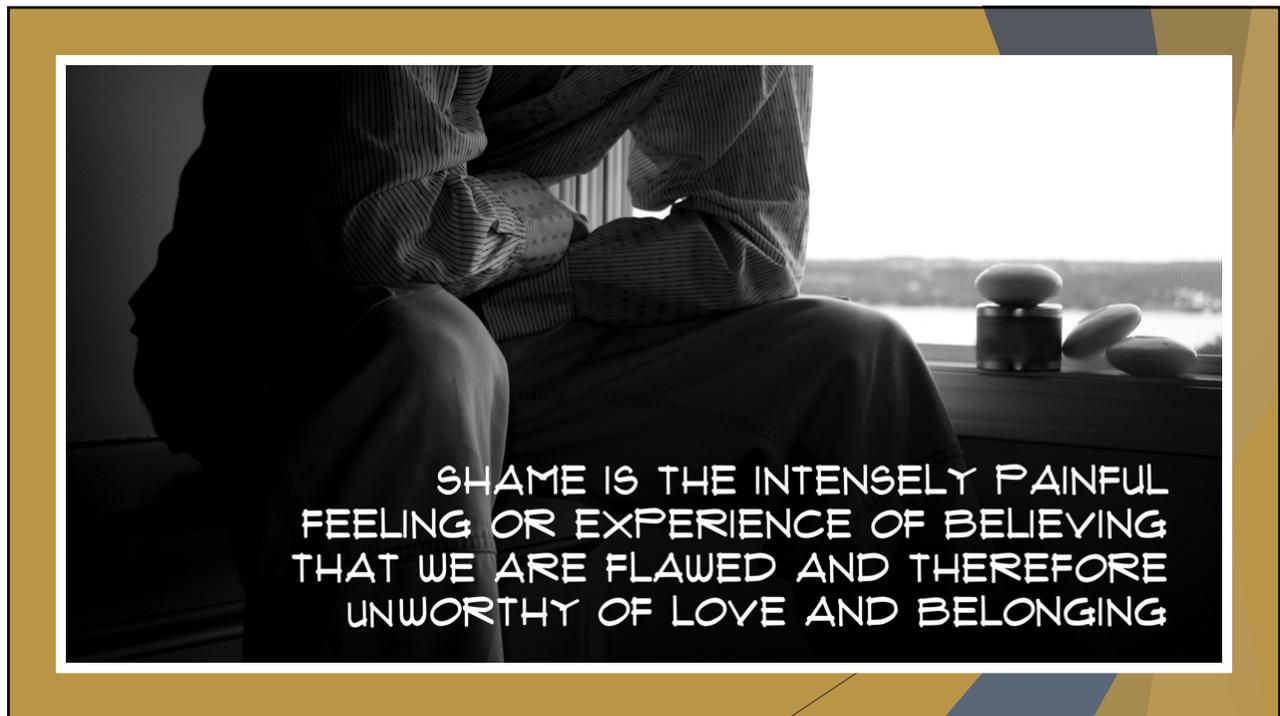
So far...

- ▶ Week 1: Introduction to Shame and remembering the adversity of the pandemic
- ▶ Week 2: Loneliness as a response to adversity: Isolating oneself
- ▶ Week 3: Understanding vulnerability in the face of adversity, and the use of armor to protect ourselves (Perfectionism, Foreboding Joy, Numbing)
- ▶ Today: Offloading Hurt and Shame Shields—as response to adversity.

2



3



SHAME IS THE INTENSELY PAINFUL
FEELING OR EXPERIENCE OF BELIEVING
THAT WE ARE FLAWED AND THEREFORE
UNWORTHY OF LOVE AND BELONGING

4

Shame is a full
on body emotion

- ▶ Shame hates having words wrapped around it
- ▶ Shame is something we all avoid feeling.



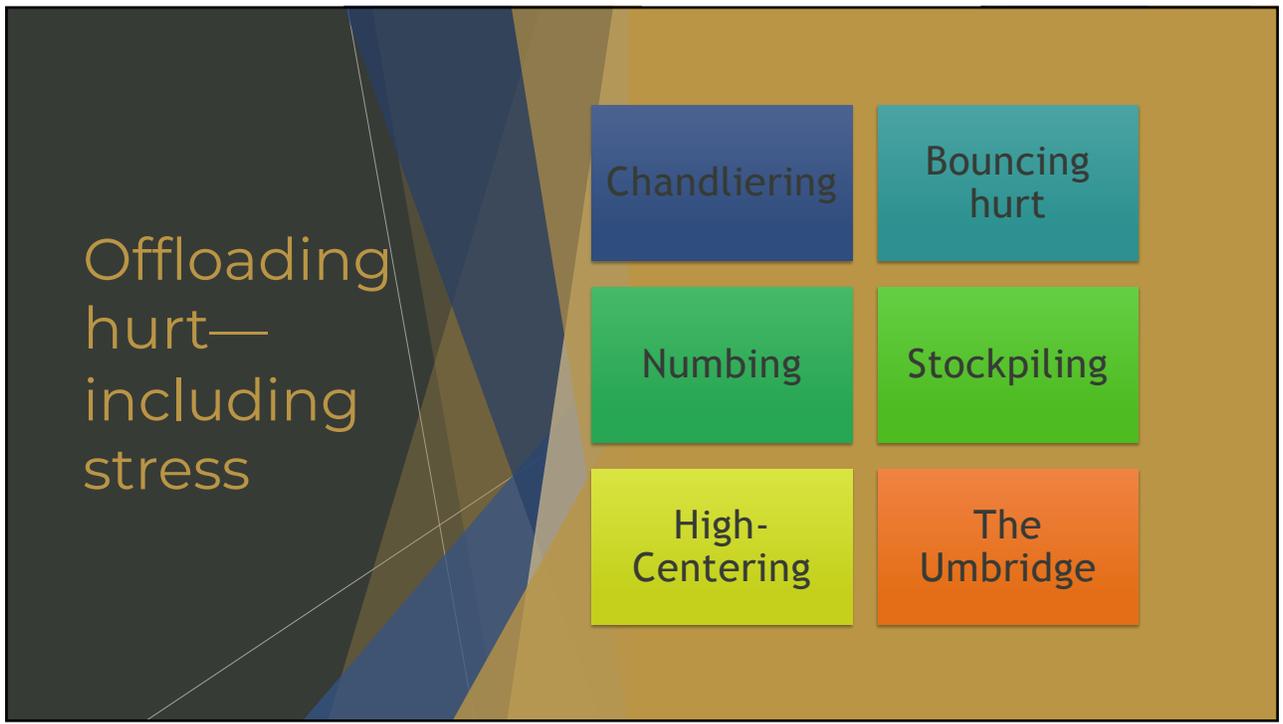
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8

Offloading Hurt Discussion

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Chandeliering 2. Bouncing Hurt 3. Numbing 4. Stockpiling 5. High-Centering 6. The Umbridge | <ul style="list-style-type: none"> ▶ Which ones have you noticed yourself using? ▶ Which ones have been used on you? ▶ What affect does it have on you when others offload their hurt/stress onto you? |
|--|---|

9

YOU STAND WITH THE LEAST LIKELY TO SUCCEED UNTIL SUCCESS IS SUCCEEDED BY SOMETHING MORE VALUABLE:

Kinship

YOU STAND WITH THE BELLIGERENT, THE SURLY, AND THE BADLY BEHAVED UNTIL BAD BEHAVIOR IS RECOGNIZED FOR THE LANGUAGE IT IS: THE VOCABULARY OF THE DEEPLY WOUNDED AND OF THOSE WHOSE BURDENS ARE MORE THAN THEY CAN BEAR.

FATHER GREGORY BOYLE

kinship

10

SHAME SHIELDS

Shields – tools we use to protect ourselves from the pain of shame in relationships



11



MOVING

1. Towards
2. Away
3. Against

12

SHAME SHIELDS

- 1) Moving Away – secret keeping; when we find ourselves in shame, we hide
- 2) Moving Toward – people pleasing
- 3) Moving Against – coming out swinging; we fight shame with shame

Strategies of Disconnection, The Stone Center at Wellesley College

13

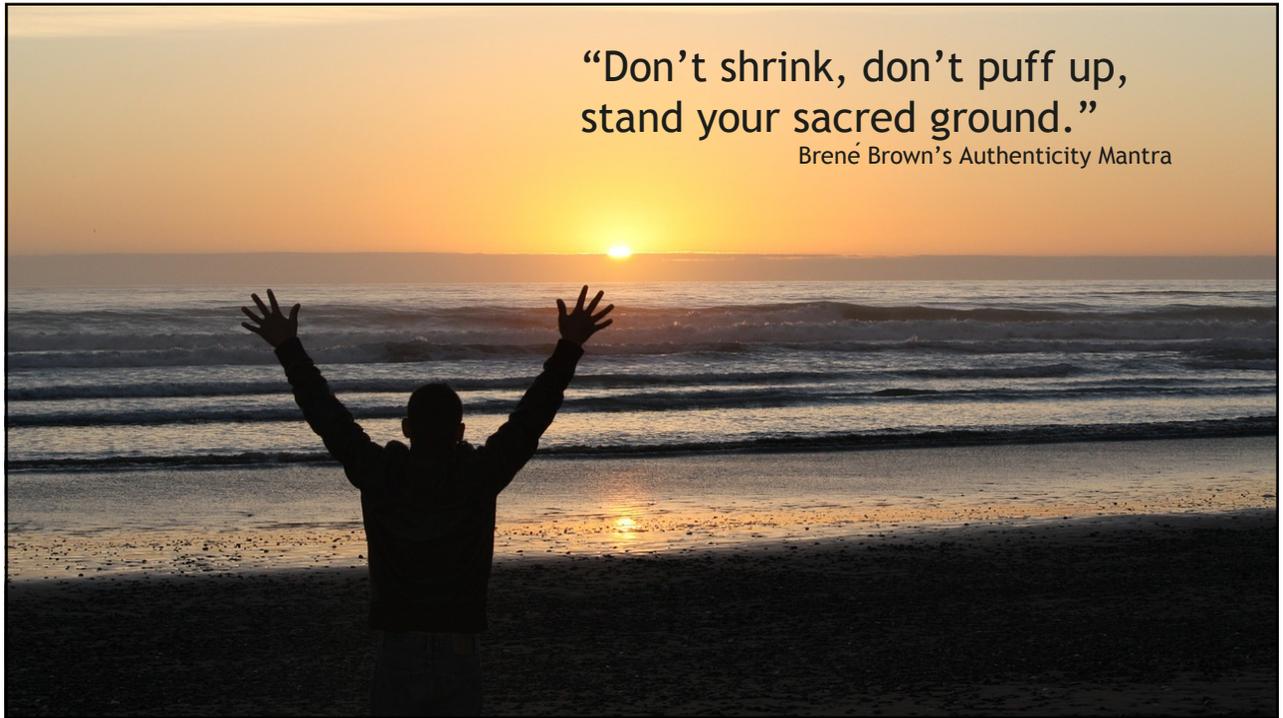
Discussion

**Shame Shields:
Moving Towards,
Moving Away and
Moving Against**

Which do you use most often and when?

Which are used against you—and what effect does that have on you when you experience another using that shield with you?

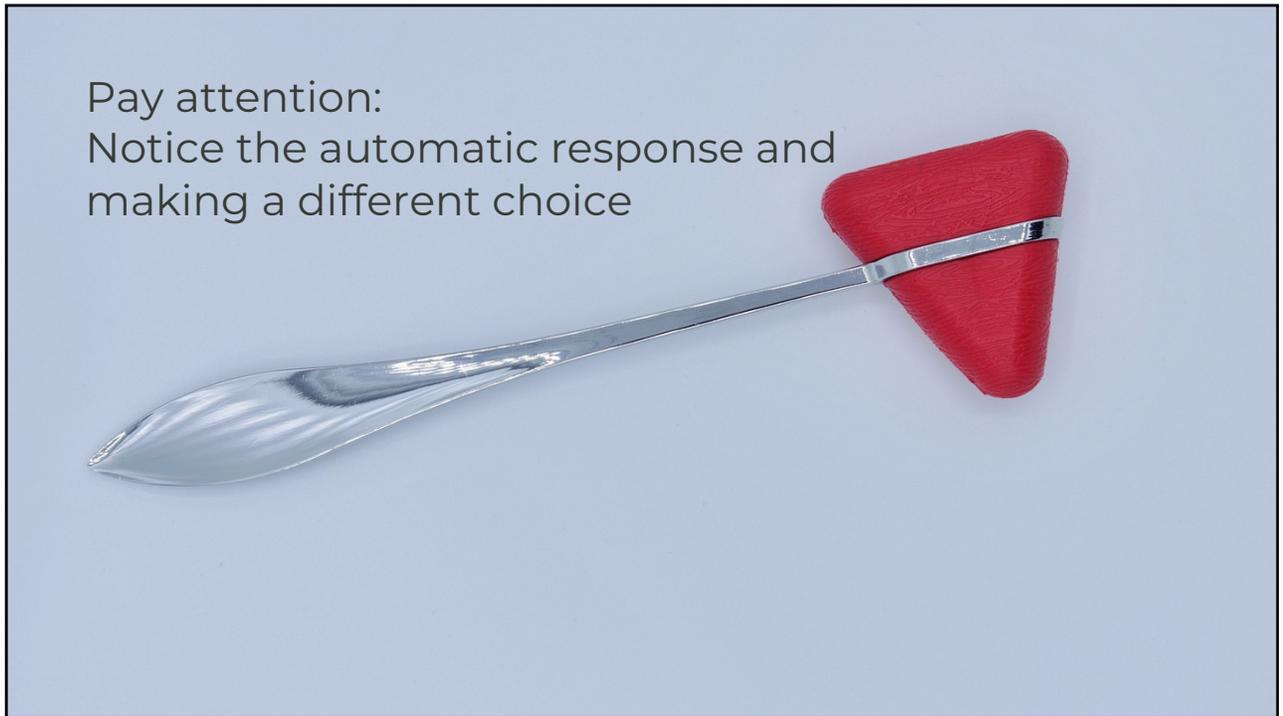
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“Don’t shrink, don’t puff up,
stand your sacred ground.”

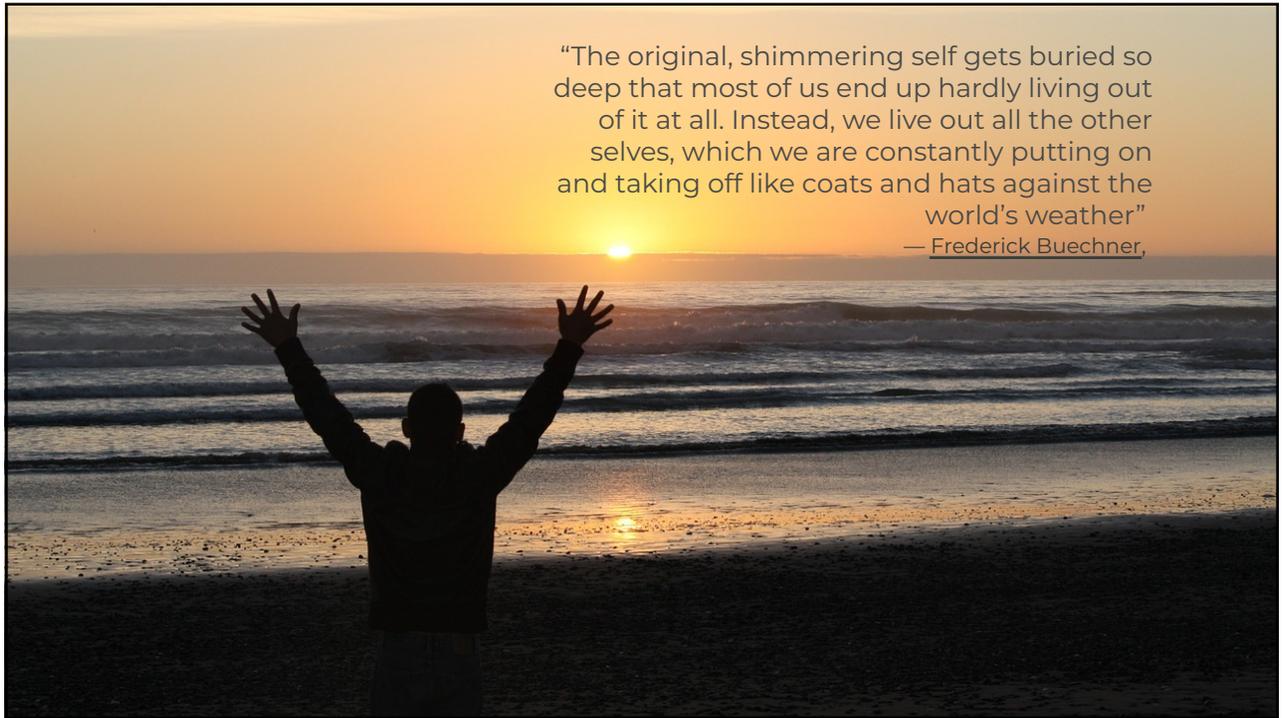
Brené Brown’s Authenticity Mantra

15



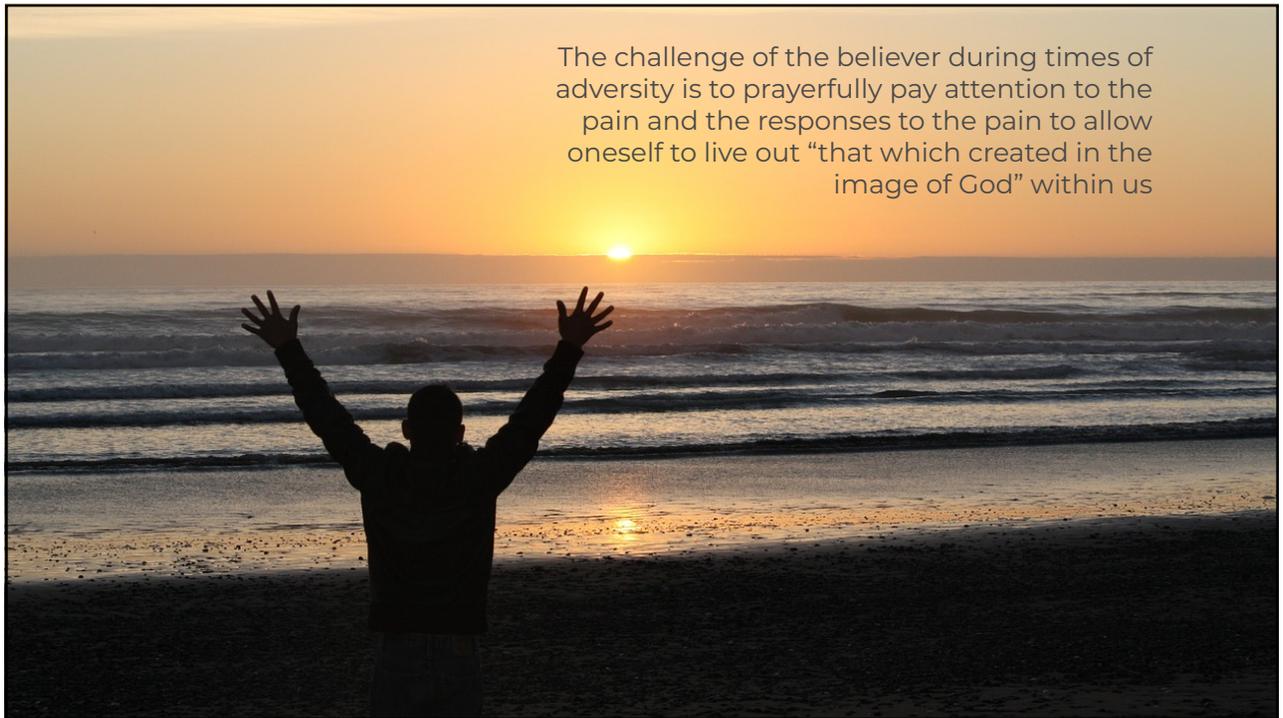
Pay attention:
Notice the automatic response and
making a different choice

16



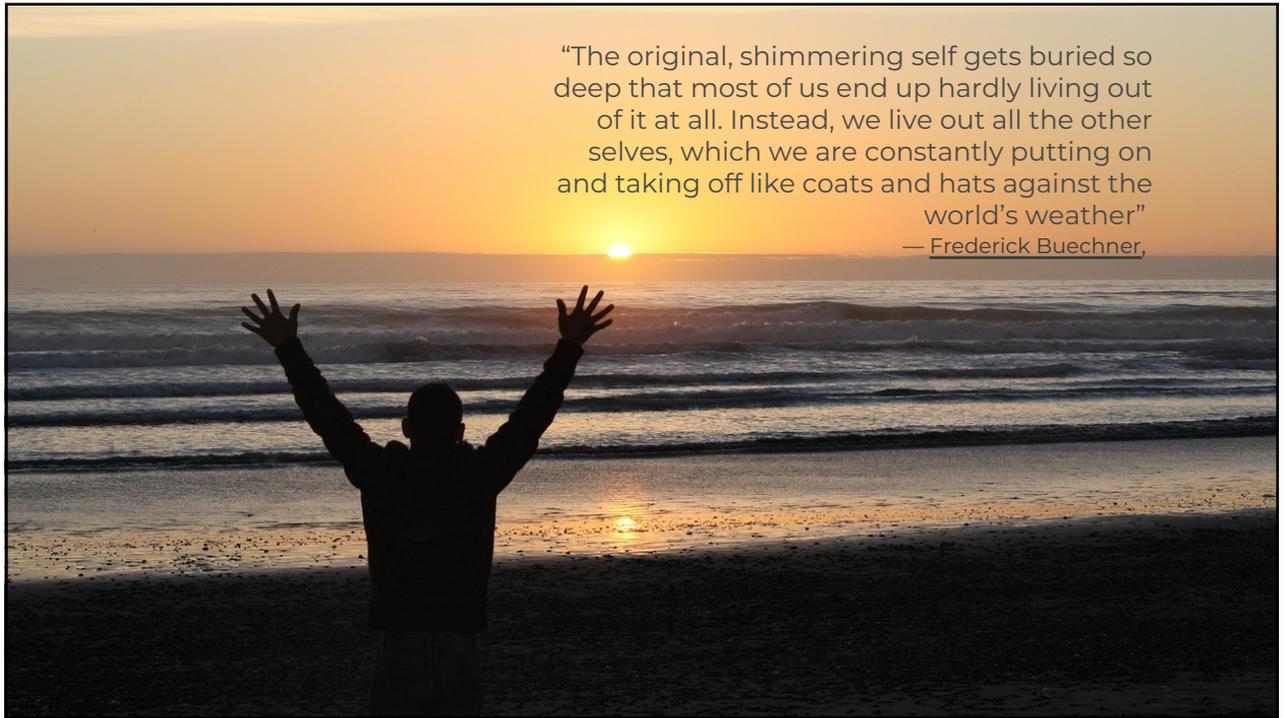
“The original, shimmering self gets buried so deep that most of us end up hardly living out of it at all. Instead, we live out all the other selves, which we are constantly putting on and taking off like coats and hats against the world’s weather”
— Frederick Buechner,

17



The challenge of the believer during times of adversity is to prayerfully pay attention to the pain and the responses to the pain to allow oneself to live out “that which created in the image of God” within us

18



“The original, shimmering self gets buried so deep that most of us end up hardly living out of it at all. Instead, we live out all the other selves, which we are constantly putting on and taking off like coats and hats against the world’s weather”
— Frederick Buechner,

19



QR code for link to resources: PDF handout of slides, creative prompts, book recommendations and sermon links

20