

NO ONE LAUGHS AT A BABY AKA SHAME RESILIENCE 101

First:

I want you to think back to when you were a baby trying something for the first time. Think walking, holding a spoon, rolling over, laughing, smiling, etc.

Ok good. Keep that thought in your head. Now, when you were a tiny baby trying things, here is a list of things **NO ONE** said to you:

- Hurry it up you stupid baby!
- Yuck, this baby is disappointing
- This baby is worthless, I want another one
- Hey! Come look, this stupid baby can't do this. Isn't it stupid?

BREAKING NEWS

People do not harass babies. And more importantly, when you were a baby, you didn't GAF about anything other people thought, you were just hanging out doing baby things and drooling.

SO, WHAT HAPPENS?

As we get older:

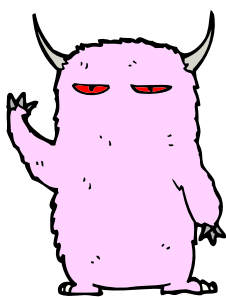
- we think more about the world around us and develop a social awareness
- we become connected to more people
- we begin to value our relationships with others, we really like being connected
- we start to think more about how other people think of us
- we have more things that matter to us

AND!

Since we are thinking about so much new stuff, we start to **develop new fears and worries** that these connections will go away, we will do something to damage them, or that we only matter if other people think we do.

Which introduces a new emotion into our brains:

SHAME



It looks like this,
this is the Shame
Monster

WHAT IS SHAME? HOW DOES IT WORK?

SHAME is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging- Brene Brown

How it works:

- Our brains are wired to be social, we are **conditioned to believe that our survival depends on others** in the "pack" feeling connected to us and wanting to include us.
- So, when we **fear a social disconnection or take a social risk**, (no matter how slight) a signal gets shot to our amygdala, which initiates our fight or flight reaction. We can get easily hijacked by shame because it **makes our brain freak out**.
- Because the first signal gets sent to our **animal brain, not our thinking brain**, it can make it really hard for us to process or stop and think about. Instead, we can feel: **Fear, doubt, dread, anxiety, vulnerability, and lots of other emotions**.



HOW CAN SHAME IMPACT ME?

1. It creeps in when you feel vulnerable to **whisper scary things full of self doubt and self-criticism**
2. It wants to keep you small and stop your growth
3. It wants you to believe you **need the validation of others** to think you are **worthy**
4. Over time, it corrodes your sense of worth and makes you less likely to take risks, try new things, or stand up for your boundaries
5. When we feel shame we are more likely to protect ourselves by blaming others, lying, and generally **not taking responsibility for our mistakes or our worth**



HOW CAN I TELL SHAME TO FUCK OFF?

Shame is a universal emotion, everyone struggles with it. When you feel shame, **stop and ask yourself, "What story is shame telling me?"** Break down fact from fiction. Say it aloud to yourself, or tell a friend. For example, maybe you did mess up, but that doesn't mean everyone thinks you're stupid and no one will be your friend. That is the **lame story shame is trying to make you believe**. Remember, no one laughs at a baby.

Come up with a **code word** when you're in a shame spiral. Saying "banana" over and over may look and feel weird, but it **forces your thinking brain to get back in the game**. Dealing with shame requires thinking about it, even though it sucks.

Remind yourself that you are rad as hell and make yourself process shame. You can write about it or talk about how you feel with someone. **Empathy and connection are the ladders out of shame**. Remember that YOU are the keeper of your own dignity, you determine your worth, not others. **Shame wants you to stay small. Don't fall for that bullshit.**