"Facing Shame," by Fossum & Mason (1986)

It makes a difference if you learned to relate to others by being raised in a respectful and nonjudgmental family system:

> "…Relationships have substance and resilience in the respectful system. People talk openly with one another about their lives rather than manage their relationships with secrets. They are openly vulnerable and dependent or needy at times without judgement. In the flow of their lives they learn deeply about each other as persons because pain is not denied or judged. Thus they are equipped to [adapt] to the changes which inevitably and continuously come.
>
> The respectful system is like tough leather. It has resilience. The losses are no less painful, the changes no less forceful. But it has greater capacity to absorb more of the stresses of change and still retain its integrity." (pg.20)

Contrasting Respectful verses Shame-Bound Systems	
Respectful Systems:	**Shame-Bound Systems:**
Violation of values leads to [healthy] guilt: If I do something wrong if feel badly for it.	Violation of person leads to shame: When someone hurts me I believe I am a bad, defective person.
Self is both separate from and part of a larger system: I am a valued part of the family.	Self has vague personal boundaries: I feel responsible for the feelings of others in my family, and they believe I should feel that way.
Rules require accountability: I am held accountable for my actions. If I make a mistake I am corrected, not severely punished.	Rules require perfectionism: If I do well more is expected of me. If I fail I am punished.
Relationship is dialogue: I am listened to, even when I may disagree.	Relationship is always in jeopardy: What I say matters little, or may get me in serious trouble.
The results are:	**The results are:**
Accountability, repair, resolution.	More shame, despair.
Deepening and modification of values over time.	Increasing rigidity.
Growing empathy.	Alienation and distance.
Growth of self as a whole person.	Development of an image and development of control.