Shame

“To experience Shame is to feel seen in a painfully diminished sense.”

“Exposure, the central characteristic of shame, can be of two distinct forms: exposure to others or exposure only to ourselves.”

G. Kaufman & L. Rafael, Coming Out of Shame

“In the experience of shame, the core of the self is regarded badly.”

Charles Neal
“Shame is perhaps the most powerful feeling state associated with the experience of a conflicted and socially devalued identity such as being gay or lesbian”

Cohler & Galatzer-Levy 2000
The course of gay and lesbian lives, University of Chicago Press.
“The closer people get, the easier they find out, and so several trans men (I know) avoid close contact and meeting new people and so on. I find that pretty depressing and I wonder what can be done about it.”

Comment from a forum on Trans Shame
Internalised Oppression

“Internalised oppression refers to ways in which we, mostly unconsciously, take into our psyches and ways of thinking and being, oppressive ideas, attitudes and beliefs.”
Internalised Oppression

“Internalized oppression is the manner in which an oppressed group comes to use against itself the methods of the oppressor. For example, sometimes members of marginalized groups hold an oppressive view toward their own group, or start to believe in negative stereotypes of themselves.

For example, internalized racism is when members of Group A believe that the stereotypes of Group A are true and may believe that they are less intelligent or academically inferior to other groups of people. Any social group can internalize prejudice.”

Wikipedia
Internalised Oppression

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Wikipedia
Internalised Transphobia

“The idea that transness was ugly or less “real” was highly damaging to the psyche of trans people, manifesting itself as internalized transphobia. This idea even existed in trans communities and led to practices such as ranking trans people with regards to their ability to pass (as stereotypically gendered).”

Internalised Homophobia

‘the lesbian or gay person’s direction of negative social attitudes toward the self, leading to a devaluation of the self and resultant internal conflicts and poor self-regard . . . ’

While simultaneously desiring the same sex object, they also hit up against an internal repulsion and hatred of their own desire.

Some examples of IO

- Having negative thoughts or feelings about being ‘not normal’
- Having feelings of shame when seeing GSDs in public
- Believing GSD relationships are temporary or fragile
- Having feelings of shame about gender identity - “I should butch- or femme-up”
- Thinking I will pay for my ‘sins’ or sexual happiness, or feeling criminal
- Thinking it is abnormal to be attracted to both men and women
- Being hyper-vigilant around children
Impact of Internalised Oppression – Research Evidence

Higher IO is correlated with:

- Lower levels of well-being and greater stress in bisexuals
- Higher levels of sexual anxiety and guilt in lesbians & gay men
- Concern about sexual image
- Greater HIV-related sexual risk taking
- Lower self-esteem and greater depressive symptoms

Quoted in Lynn Carroll (2010)
Counseling Sexual and Gender Minorities, Merrill.
Anthony Hillin’s Model

Oppression

Internalised Oppression

- Interruption
  - leads to
  - Healthy Self - Acceptance

- Partial acceptance of sexuality
  - leads to
  - Low Self-Esteem
    - Isolation
    - Difficulties with Intimacy

- Suppression of sexuality
  - leads to
  - Depression
    - Self-Abuse
    - Chronic anxiety

Healthy Self - Acceptance

Low Self-Esteem

Isolation

Difficulties with Intimacy

Depression

Self-Abuse

Chronic anxiety
More Research Evidence

• Wells & Hansen (2003) found high levels of internalised shame in a sample of 317 lesbians despite having reached the highest levels of lesbian identity integration - ‘Synthesis’ (Cass 1979, 1984)

• In a second study of lesbians in psychotherapy Wells (2004) concluded “interpersonal psychotherapy may contribute to a reduction in stigma-induced shame.”

“Well if you really want to know this is how it goes . . . . actually it’s like a rap or something in my mind. So I’m bad because I’m lesbian, it’s not the way it was supposed to be, gay relationships seldom last, probably because they’re not normal anyway. It’s like what my parents said when I came out to them - I do irreparable damage to others. That’s what it’s like.”

Quoted in:
Leezah Hertzmann (2011): Lesbian and gay couple relationships: When internalized homophobia gets in the way of couple creativity,
Psychoanalytic Psychotherapy, 25:4, 346-360
Clinical Ideas about Shame and Internalised Oppression

- TA Life Positions
TA Life Positions

I’m OK

You’re OK

You’re not OK

I’m not OK
TA Life Positions

I’m OK

Assertive                         Aggressive

You’re               You’re
OK                      not OK

Passive                      Manipulative

I’m not OK

I’m not OK
Clinical Ideas about Shame and Internalised Oppression

- Top Dogs and Super-egos
  - The inner bully, critic, controlling parent, oppressor
  - Plays out external oppression
  - Super-ego attack
  - Anxiety and neuroses often underlying
Clinical Ideas about Shame and Internalised Oppression

Introjects
(from significant figures and wider culture)

become
Beliefs

become
Facts


Therapists need to persistently invite questioning and self-challenge to break this pattern.
Ann Ladd Model

The ‘Shamer’ part of our personality acts to protect our sense of Self from annihilation, when all other forms of ‘protection’ have failed.

It is often crude and harsh, but effective.

It closes us down and ‘removes’ us from the situation.
Clinical Ideas
– Parent Adult Child
Clinical Ideas – 1\textsuperscript{st} & 2\textsuperscript{nd} Order
Parent Adult Child
IO may be defensive and stabilizing for oppressed people

“Well at least if it’s (internalized homophobia) inside me, then it is part of me. I don’t have to worry so much about all that antigay stuff which is all around me because inside and outside all feel the same. I don’t notice I attack myself then”.

Quoted in:
We must first allow ourselves to bring both shame and the shamed need or drive into sharper focus by experiencing both of them for a longer period of time.

That will enable us to tolerate shame itself.

Though it can be very painful, we must learn how to stay with the feeling of shame longer without quickly escaping it.
Clinical Ideas about Shame and Internalised Oppression

- The Velvet Rage
  - Stage 1 - Being Overwhelmed by Shame
  - Stage 2 - Compensating for Shame
  - Stage 3 - Cultivating Authenticity

The Velvet Rage, Alan Downs
Connection of Shame & IO to Coming Out Models

1. Pre-coming Out
   - Identification with heterosexual norm, rejection of difference, denial

2. Growing Awareness of Difference
   - But still in the closet

3. Half in/Half out
   - Exploring and Experimenting, some people know
Connection of Shame & IO to Coming Out Models

4. Militantly Out as a political act
5. Out & Comfortable - deep self acceptance, appreciation of complexity

Ref: Cass Model?

NB: Limitations of stage theories, and cultural context vary greatly
Working Effectively with Shame and IO

• Being witnessed in our shame
  - and not re-shamed

• Developing intra-psychic awareness
  - Chewing over and spitting out unhelpful or oppressive introjects

• Re-Organising intra-psychic relationships
  - Developing Compassion and an ‘Observer’ Self
  - Challenging Top Dog/Superego Attack dynamics
Three ways to tackle a Top Dog

Stop listening to and accepting what the Top Dog says:

- Shut it up
- Laugh at it
- Acknowledge the grain of truth, and deflate the exaggeration.
Working Effectively with Shame and Internalised Oppression

- Groups & Retreats - ‘Consciousness Raising’

- Trusting the Body (Neal)
Everyone’s heard this self-help platitude: We need to love ourselves before we can love anyone else. This may sound wise, but it misses a great truth; if we want to experience true intimacy, we need to be taught to love aspects of ourselves - again and again - by the people around us...
As much as we want to control our own destiny, the humbling truth is that sometimes the only way to learn self-love is by **being loved** - precisely in the places where we feel most unsure and most tender. When that happens, we feel freedom and relief - and permission to love in a deeper way. No amount of positive self-talk can replicate this experience. It is a gift of intimacy, not of will-power.

Ken Page  http://www.psychologytoday.com/blog/finding-love/201105/how-love-yourself-first
Microaggressions

• From anti-racism, but present in other oppressions
• Automatic and sometimes unconscious verbal and nonverbal insults, snubs and dismissive behaviours/tone of voice (Sue et al 2007).
• “I should have some round here somewhere” (from film)
• “It’s shame you’re not straight, you’d have made someone a lovely husband/wife.”
Working Effectively with Shame and IO needs awareness of:

- **Minority Stress**
  - Inc symptoms of depression, anxiety, panic and substance misuse.

- **Insidious Trauma**
  - Being continually exposed to sub-threshold traumatic stressors - eg (news of) hate crimes, negative media portrayal

- **Micro-Aggressions**

  Lynn Carroll (2010), Counselling Sexual & Gender Minorities
The Turning of Backs

• Passage from *Story Like the Wind*, Laurens Van der Post.