



Reach out
take a step

find hope

Care to change

Counseling to help you move forward.

Breaking Shame: Struggle, Addiction, and the Path to Redemption

Jared Jones, Student Program Manager & Therapist

Brittany Gipson, Director of Clinical Services & Therapist



Progressive muscle relaxation



Take a few slow breaths



Focus on one muscle group



Tense the muscles



Slowly release the tension

This works because intentionally tensing and releasing muscles helps the body recognize and release stored tension, allowing the nervous system to settle into a calmer state. ❤️

Today's Goals:

- Define and describe the cycle of shame and addiction
- Distinguish between guilt and shame
- Explore how grace, truth, and connection and support can lead individuals toward healing and wholeness



The Cycle of Shame



What does shame feel like?

- Think about the person you have served in your life carrying the deepest shame. How did you see the shame show up in their life?
- Let's have some volunteers...



What is Shame?

Definition

Merriam-Webster:

“a painful emotion caused by consciousness of guilt, shortcoming, or impropriety”



What is Shame?

Definition

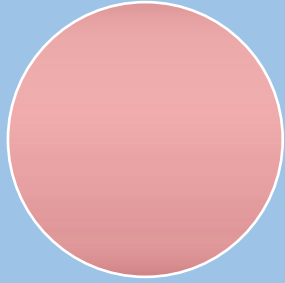
Brene Brown:

“the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging—something we’ve experienced, done, or failed to do makes us unworthy of connection.”



Shame versus Guilt

What's the difference?



No Shame

Lack of remorse

"Nothing is wrong."



Guilt

Specific behavior

"I did something wrong."



Shame

Identity rooted in the flaw

"I am wrong."



Shame versus Guilt

Why is that important?

- Guilt targets repentance of behavior and leads to humility:
“God, I am sorry. Change my heart.”
- Shame attacks identity and leads to pride:
“God, I can prove that I am good enough... and hide what isn’t.”



The Cycle of Addiction



What is Addiction?

Definition

Mirriam-Webster:

“a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence”



What is Addiction?

Definition

Scripture:

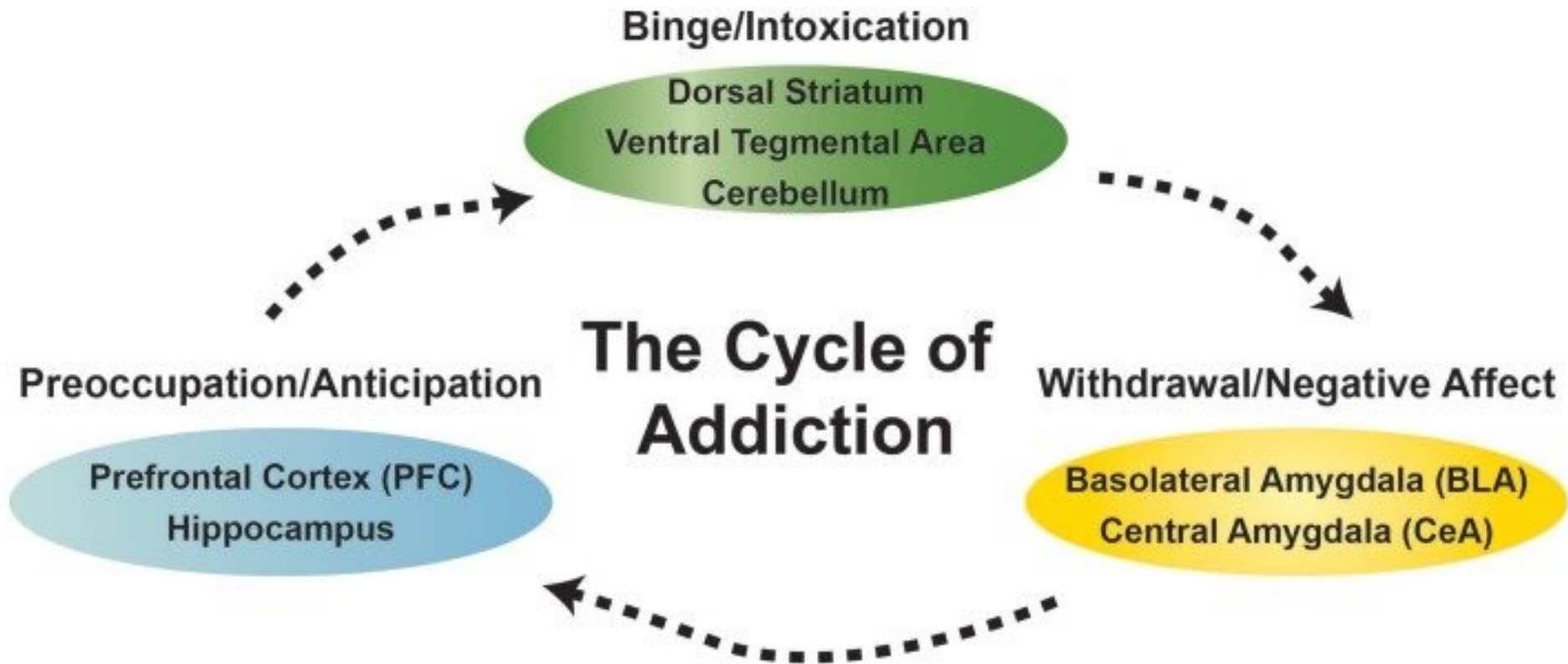
Anything used compulsively and habitually for comfort, reassurance, or emotional safety that does not align with God's design for creation and does not glorify Him; enslavement to the world through sin.

(Gal. 5:1, John 8:34-36, Romans 6, 2 Peter 2)



The Cycle of Shame & Addiction

How do they connect?



The Cycle of Shame & Addiction

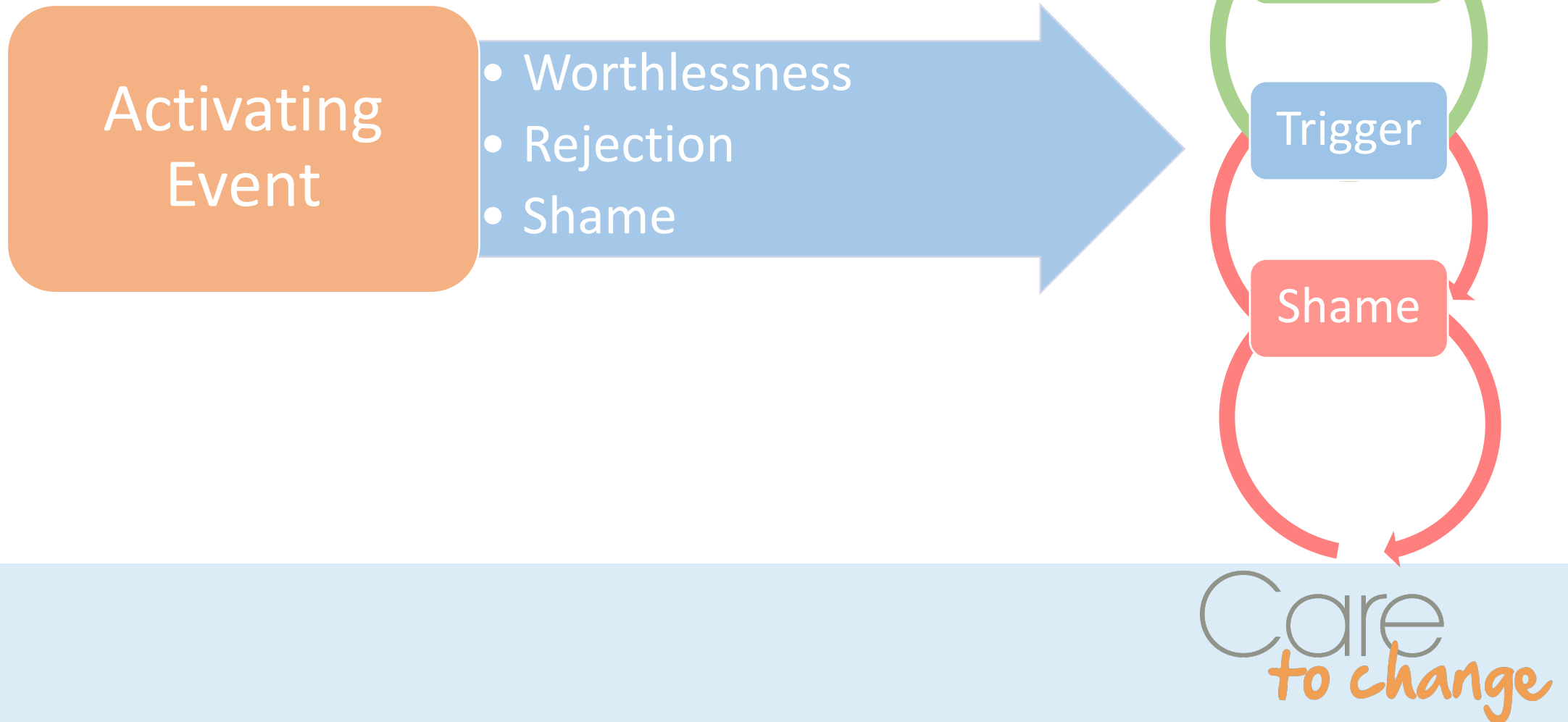
How do they connect?

- Shame perpetuates the cycle of addiction
- Shame is a poor motivator for long-term recovery
- Shame isolates, blames, and focuses on us versus focusing on God and others



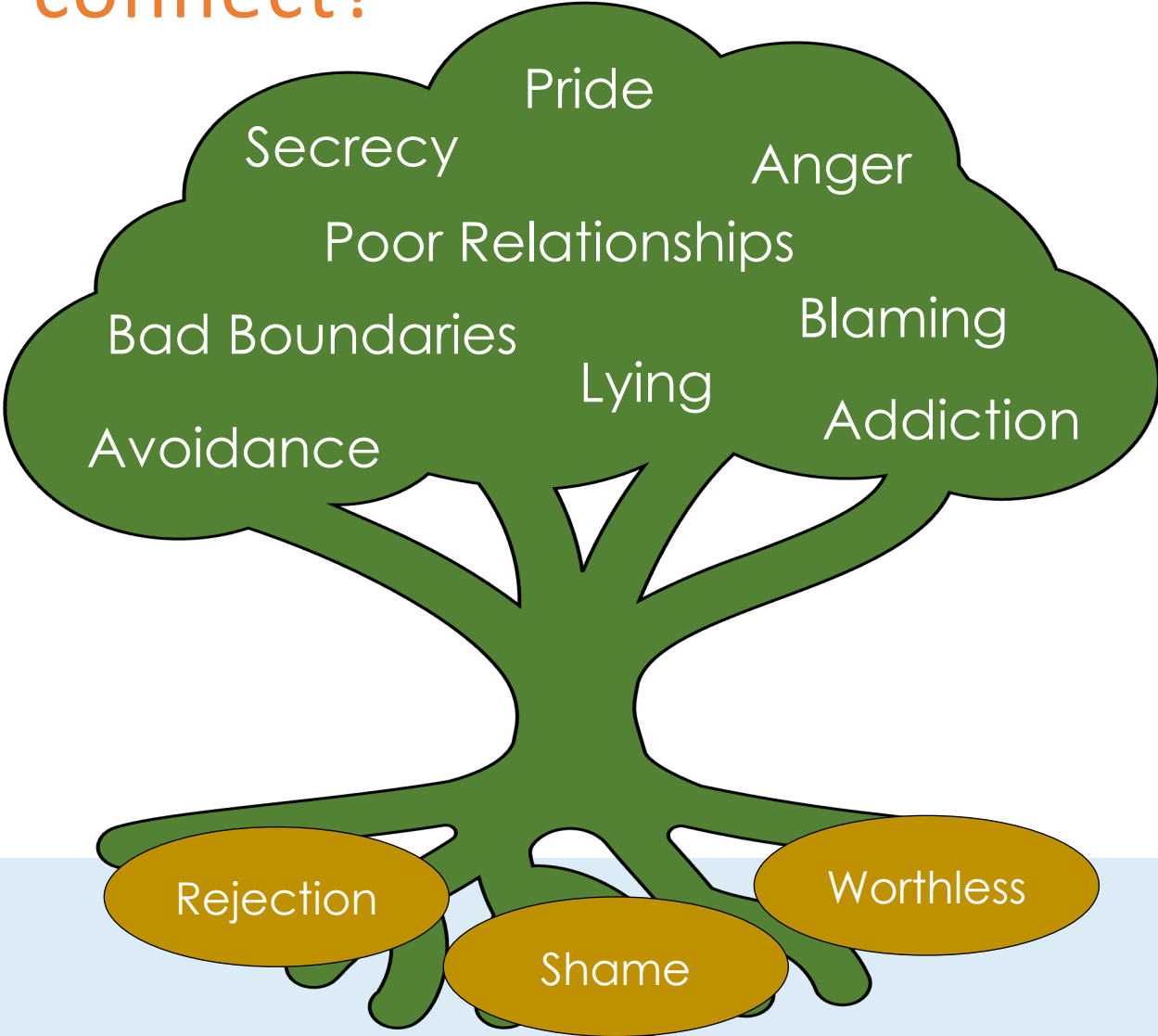
The Cycle of Shame & Addiction

How do they connect?



The Cycle of Shame & Addiction

How do they connect?



The Cycle of Shame & Addiction

Why can't they "just stop"?

- Shame is deeply rooted in identity, not will
- Behavior change never goes deep enough to heal shame at its source
- One cannot change their relationship with the addiction until they change their belief about themselves- and their relationship with God/others



God's Response to Shame

The example from scripture

- Genesis 2:25 – “...and they felt no shame.” (NIV)
- Genesis 3
 - Gives a chance for honesty & humility,
 - Provides consequences,
 - Gives a promise for hope, but...
 - Establishes boundaries.



God's Response to Shame

The example from scripture

God does NOT:

- Allow them to immediately die (Gen. 2:17)
- Minimize the danger (Gen 3:22)
- Take away His blessing/relationship
- Change their identity
- Neglect their immediate needs (Gen. 3:21)
- Stop loving them (John 3:16)



Healing and Wholeness Through Grace & Truth



Grace and Connection

How does grace reverse shame?

- John 4:7-30
 - Breaches social norms to make a connection
 - Offers her something she needs
 - Gently responds to her pushback
 - Offers her an opportunity to be seen as valuable



Grace and Connection

In the Moment

- Regulate yourself first
 - Tone and body language are important
- Match their pace
- Thank them for the trust in sharing
- Follow up with them



Grace and Connection

In the Moment

- Celebrate effort
- Repair when disconnection happens
- Connection is not removing or means no boundaries
 - I am here for you, and I cannot support that choice, but I do want to support you.



Grace and Connection

Promote Connection

- Stay, instead of pulling away
- Offer to ground with them
- Separate the person from the behavior
- Normalize without minimizing
 - "A lot of people reach for something to ease pain or when pain gets loud"
- Externalize shame
 - That sounds like shame
 - What is that voice telling you?



Overcoming Shame & Addiction

Final Points

- Shame attacks one's identity in Christ and perpetuates the addiction cycle, not ending it.
- God's response to sin is always through grace and connection – so should our response be.
- Freedom from shame & addiction is found in connection, identity, and fulfillment in God.



Resources

- Care to Change Podcast- Addictions : <https://caretochange.org/podcasts>
- Care to Change Addiction Resource: <https://caretochange.org/resources/>
- Hermon, M. A., & Roberto, M. (2015, March 19). The addicted brain: understanding the neurophysiological mechanisms of addictive disorders. NIH National Library of Medicine. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4365688/>
- Shame Interrupted- Edward T. Welch



Resources

- Everything you know about Addiction is Wrong-
<https://www.youtube.com/watch?v=PY9DclMGxMs>
- Brown, B. (2013, January 14). Shame vs. guilt - Brené Brown.
Brenebrown.com.
<https://brenebrown.com/articles/2013/01/15/shame-v-guilt/>



SEND US YOUR QUESTIONS!



WWW.CARETOCHANGE.ORG



HELP@CARETOCHANGE.ORG



AVON, CARMEL, TELE



317-979-9133



@CARE_TO_CHANGE

Call to Action

Let's connect!

- Listen to our podcast
- Host a community forum or a lunch & learn for your staff/ small group leaders
- Sponsor families in need
- Email us at help@caretochange.org



Tell Us Your Thoughts on Today's Information



Answer 2 simple questions



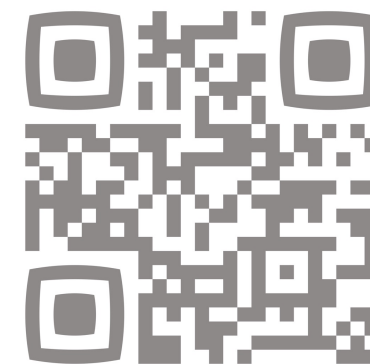
Schedule an
appointment



Our Services



Our Team



Contact Us



Reach out
take a step

find hope

Care to change

Counseling to help you move forward.