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Shame

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Early humiliation and ridicule leads to the development of shame. The inner voice is judgmental, "you're stupid", "no one will love you," "you do not deserve to be loved." Shame is the experience of inner inadequacy.

Narcissists over identify with their unhealthy shame, they start to believe **they are the shame**, they are no more than their shame, they are a personality of shame. Healthy shame say "I did wrong", Unhealthy shame says "I am wrong".

The quality of shame is formed by early caregivers. Shame at its core makes a person feel unlovable and defective.

An important difference

Narcissists over identify with their shame.
Psychopaths have a total lack of shame.

If you cover up shame then you will tend to act it out. The Narcissistic personality tends to simply "split" themselves and their personality into two extreme selves. One is the idealised, perfect, grandiose, all good self they live from which is essentially shameless and is never wrong and never feels a need to offer an apology to others. All wrongs can be rationalized or blamed or shamed onto others. The other self is the hateful, revengeful Self that easily can be misunderstood as depression. The first is what surroundings see, the last is what the partner see.

We now know that the origins of many toxic shame cases stems back to the 18 month to 3 year period in life and the relationship they had with their **primary caregivers** at this time.

The caregiver is now reducing the positive affect of the toddler in previously pleasurable activities. If the parent's intervention with the child carries their own emotional baggage and the child is admonished without there being adequate interactive repair of the child's emotional state by the admonisher in the same setting, then the child will take on blame and shame.

The child starts to look to the will of the parent and take its cues from the parents and in doing so becomes obedient, muted, compliant, and loses its curiosity, its joy, its will and its trust of itself.

The parents now have a docile obedient but troubled child who has now been human engineered to “fit in” with the parents idealized expectations of how children should behave and be in the family.

When a child has its will broken it will remain a broken person for the rest of its life unless help is sought later in life. Scratch the façade and find a parent on anti-depressants and tranquilisers as their life lacks all meaning and purpose and is empty.

Their suppression of anger may be a traumatic affair for the child who finds its own natural emotions and feelings are now no longer OK. This contributes to the child concluding that its own basic core feelings and emotions are defective, wrong and shameful. They get told this so much by the parents that they believe it and internalise it along with the anger and their will.

The child who is shamed turns the anger against them selves and will then be violent towards them selves when made wrong. The child may later in life self mutilate in a hundred different emotional, mental, physical or sexual ways, and feel bad much of the time.

Shame tends to become an inter-generational issue passed down families as the “rules” of parenting get shared and reinforced.

Shame is about an inner bio-psychological process related to a defense against feelings of inadequacy. Early deficiencies and problems around affiliation and confirmation makes the sense of shame amplified and activated in later years.

Narcissist over-compensates with a grandiose façade ... *I am lovable , I deserve the best, I'm the best, I am God!* The typical projection of this inner inadequacy on to others: *YOU are stupid, YOU are not lovable, YOU will not do*, is typical features of narcissistic injured persons.

Ridicule of others is often a projection of their own experienced ridicule. Shame neurobiology overshadows perception, sensation and emotion. Shaming creates a stress response in humans. A form of mild depression may also result from the shaming process due to the negativity associated with the ongoing dynamics of the creation and then results of toxic shame.

The active nature and energy of directly engaged anger is replaced by indirect and passively expressed anger. The shamed person may become passive aggressive. The toxic shamed child tends to learn a belief that “I must obey others to be loved”.

In many instances these types of people were not only humiliated but also controlled and suppressed in childhood. They tend to as adults, fear being humiliated, controlled or suppressed again and so have relationship and intimacy issues. They also tend to want independence and freedom where they are not crowded, pressured, controlled or humiliated again and so can exist quite well on their own.

In a sense the shamed person lost their boundaries early in life and may now struggle to set or understand appropriate boundaries as adults. This sets the situation for never ending conflicts.

Kilde: Boyd 2013 m.fl.