

## **First Aid: Shame**

When you have not been allowed to feel real sorrow, or have not allowed yourself to feel real sorrow, the resulting effect of an emotion is shame.

Shame and guilt are not normal human emotions. Shame has no source within you ## it is something that has been dumped on you. Do not confuse shame with the powerful energy of remorse.

The only first aid is to realize that shame is something that has been caused by another, or others. It can be ended by not trying to hide the cause.