

## Questions for Groups

07.05.20

What is shame?

How is it like and how does it differ from depression?

What does it feel like to you?

How do you experience shame?

If the group is a really safe place, people may share a time(s) when they felt shame. It does not have to be for moral or spiritual reasons. (A time in elementary school, for example). For most groups, we won't be there. However, this is still a great opportunity to explore shame. How do you feel about being asked to share a time of feeling shame?

Rob mentioned, Christian psychiatrist, Curt Thompson who said that shame shuts down creativity and curiosity in us, and therefore steals joy. What do you think?

Brené Brown distinguishes between guilt and shame: Guilt is "I screwed up"; shame is "I'm a terrible person." Does that distinction ring true to you?

Is all shame bad?

Rob suggested that shame is a powerful tool for good and for evil.

How do we distinguish when shame is good and when it is not?

Rob suggested that transparency and vulnerability help extinguish destructive shame. Do you agree?

What steps are you going to take to address this?

Think about and talk about how Jesus has dealt with shame and rejoice.

Pray

