

ROADMAP FOR MODULE: SHAME



WHAT DO YOU THINK OF WHEN YOU THINK OF SHAME?

1

GUILT OR SHAME?

GUILT is a feeling you get when you did something wrong or when you perceive you did something wrong.

SHAME is a feeling that your whole self is wrong and it may / may not be related to a specific behaviour or event.

THIS IS HOW WE ARE WIRED, AND THIS IS WHAT HUMANS WANT

1. MAXIMISE POSITIVE AFFECT
2. MINIMISE NEGATIVE AFFECT
3. ALLOW ALL AFFECT TO BE EXPRESSED
4. ANYTHING THAT HELPS THIS, IS GOOD FOR US



Biochemistry Affect



Biology Feeling

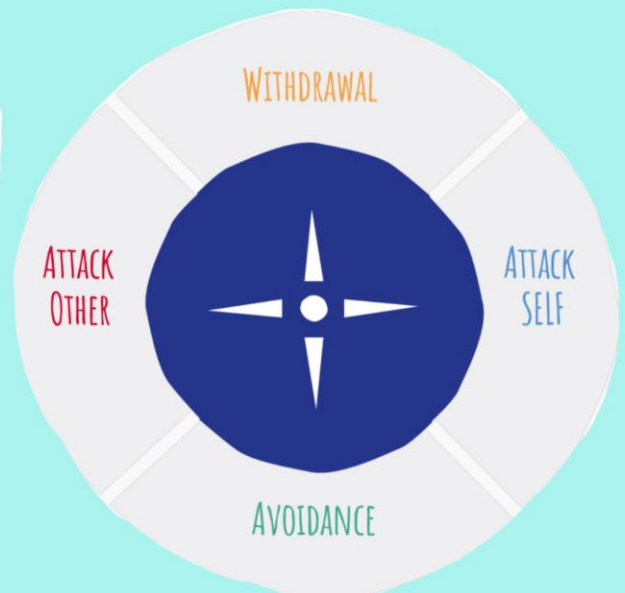


Biography Emotion

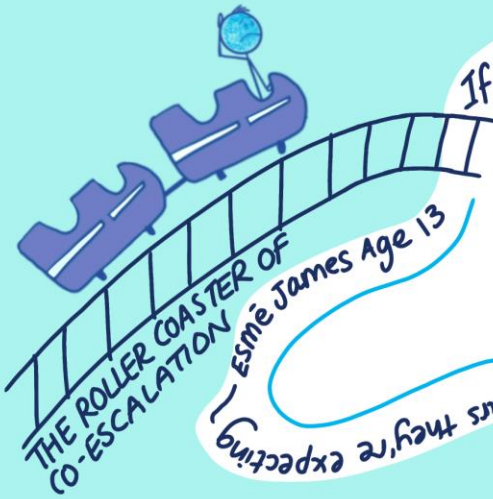


3

DO YOU DEFAULT TO A CERTAIN WAY WHEN YOU FEEL SHAME?

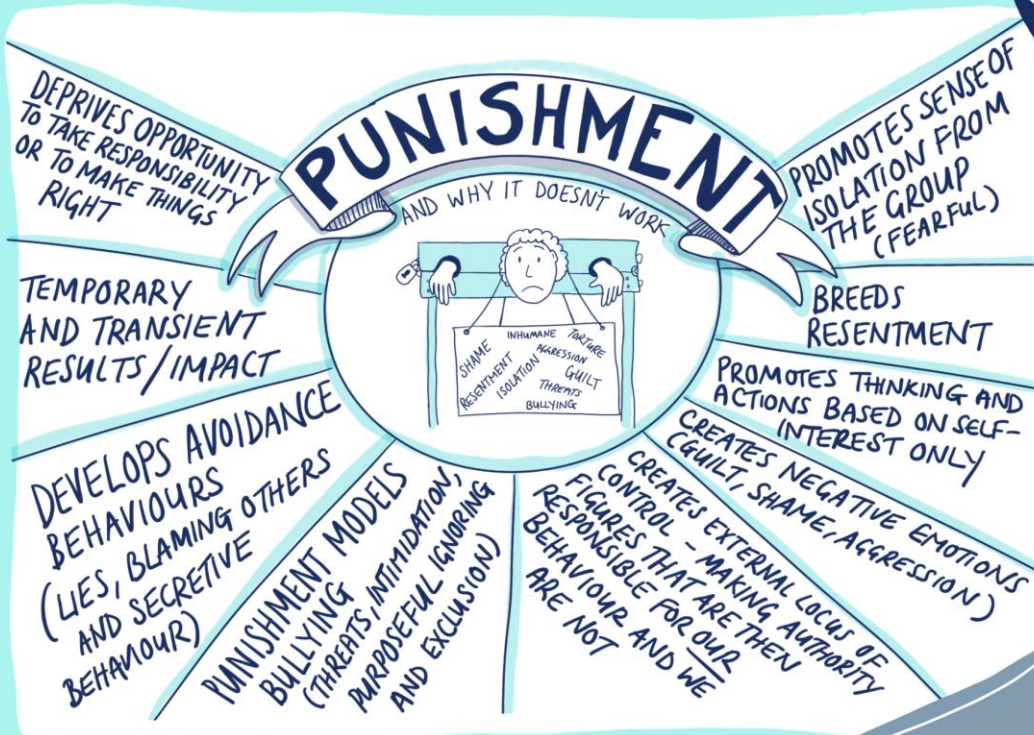


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If we are dysregulated by the adults around us, it makes things worse, and then they will get the behaviours they're expecting

The biggest causal factor for suspension/permanent exclusion is persistent disruptive behaviour.



What helps you to stay calm?

THINK ABOUT ...

What helps your regulation?

