THE COMPASS OF SHAME

a resource to identify and understand our responses and reactions to shame.

The four poles of shame:

1. **Withdrawal**: When individuals feel shame they might isolate themselves by running or hiding.

2. **Attack Self**: When individuals feel shame they might attack themselves both physically or mentally. They might put themselves down or harm their bodies.

3. **Avoidance**: When individuals feel shame they might deny the feeling of shame completely. They might also abuse drugs or alcohol to distract from these feelings.

4. **Attack Others**: When individuals feel shame they might lash out on properties or others. They also might “turn the tables” on the situation by physically or verbally assaulting others.
Isolating oneself
Running and hiding

“Turning the tables”
Blaming the victim
Lashing out verbally
or physically

Withdrawal

Attack Others

Denial
Abusing drugs and alcohol
Distracting through thrill-seeking

Attack Self

Avoidance

Self put-down
Masochism