

Shame Based Relating

Relationship is characterized by how we interact with others, and the way we interact determines how we see ourselves and them. Interactions are the basis for our paradigm, or the lens through which we interpret our surroundings.

Description

Shame is a condition of humiliating disgrace or disrepute, a painful emotion caused by awareness of guilt or shortcomings. It means to be identified with failure. A paradigm of shame often begins when failure is projected as an identity, and persists when failure becomes a self-identity. Shame is a false identity that binds a person to their failure.

Symptoms

- Legalism: an environment of hard and fast rules.
- Judgmentalism: preoccupation with accusation and blame.
- People pleasing: striving and seeking approval from others.
- Compliance: accepting standards as unchangeable, though it means failure.
- False honor: honor is presented as the opposite of shame.

Personal Conditions

- Fear of failure (controlled by the standards and measures of others)
- Performance-based (to assuage guilt, people pleasing, seeking approval)
- False Identity (I'm a failure, can't measure up, worthless, unacceptable)
- Codependency (attempt to find or cause someone to affirm me)
- Hopelessness (no path to redemption or reconciliation)
- Blame-shifting (reassign guilt completely, or at least share the guilt)
- Perfectionism (striving to meet a standard, or invoke procrastination)
- Self-punishment (attempting to pay the penalty, self-atone)

Solution

Return to the covenant of love (love based relating). Gen 3:11; Rev 12:9-10; Rom 5:8-10; 2 Cor 5:16-17; Rom 8:1-2; Rev 12:11

Prayer Strategy

- Pray for the source or root of the paradigm
- Spiritual transactions (forgiveness, generational curses, religious spirit, etc.)
- Conviction versus Condemnation
- Confess, Be cleansed (receive forgiveness), Repent
- Confirm truth (cleansed, price is paid, loved and accepted, a new identity)
- Actions or steps of obedience (forgive others, generous grace, be motivated by love)
- Hold the territory (word of your testimony, walk in freedom)