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Counselling Issues &

Procedures

## Shame

Dr. Julie Ganschow

1. Shame is a moral judgment.
2. Shame is the feeling and belief that you are unacceptable because of something you did.
3. Shame isn't just a moment of self-consciousness; it becomes your identity.
4. You can also feel shame because something has been done to you.
5. Verbally demeaned
6. Consistently treated poorly
7. You can feel shame because you were associated with something shameful.
8. You can feel shame because people know what you did.
9. You can feel shame before God due to your own sin.
10. Biblical example of shame
11. Amnon and Tamar. 2 Sam. 13:13
12. "Where could I get rid of my disgrace?"
13. Tamar lived with illegitimate shame (condemnation). Deut. 24:16; Ezek. 18:18 – 23
14. Shame is not something the survivor can just "get over."
15. Shame is utterly isolating and creates the desire to hide from others, including God.
16. Practical application to post-trauma shame.
17. The survivor must directly address their shame.
18. God responds with mercy and compassion.
19. God uses the weak to accomplish His will. 2 Cor. 12:9
20. God uses those considered "nothing." Heb. 11:37, 38.
21. God uses broken people. Old and New Testament people.
22. Their identity as a child of God is critical in overcoming shame.
23. They must choose to believe the truth of who they are in Christ. Gal. 2:20; 2 Cor. 5:17
24. The shame of sexual abuse belongs solely to the abuser. Deut. 22:25-26
25. The survivor gives her sin, shame, and uncleanness to Jesus, and He gives them His holiness, cleansing, healing, and forgiveness. PS. 9:9-10; Isa. 41:10

## Guilt

1. Shame and guilt are close companions but not identical.
2. Shame is the more common and broader of the two.
3. In Scripture, you will find shame (nakedness, dishonor, disgrace, defilement) about ten times more than guilt.
4. "Guilt leads to feelings of self-condemnation. It is an unhappy feeling. We feel bad, worthless, wrong, a failure because of something we have done."

Ken Campbell, "Those Ugly Emotions," 65

1. Some distressing feelings may be the result of sin. Ps.38:3–10; Gen. 4:6–7
2. A person can feel happy and be involved with unrighteous deeds. Ex. 32
3. Feelings of guilt may be the first indication that there is a problem.
4. Many survivors experience a sense of condemnation.
5. Practical application to post-trauma guilt.
6. Address genuine guilt before God. Rom. 3:23
7. Address sinful responses to their situation.

* Bitterness, anger, hate, rage, self-medication with drugs or alcohol.

1. Examine their heart before God and understand any justification and rationalization of their sinful responses.
2. Help them understand that guilt has a purpose- to remind us that we are accountable to God. Rom.1:20; 1 Pet. 3:16.
3. Encourage confession of sin committed before, during, and after the trauma to find release from the guilt of sin. 1 Jn.1:9-10; 2:1-2; Gal. 5:19-21; 1 Cor. 6:9-11
4. False Guilt
5. False guilt refers to feelings of guilt that do not come from unconfessed, willful disobedience.
6. False guilt over sins that have been forgiven.
7. The problem is now unbelief.
8. Rest in the sacrifice of Christ. Rom. 8:1
9. Remind them of God's promises. Jn. 3:17-18; 1 Jn 3:19-20
10. Are there other heart issues that need to be addressed? Ps. 32:3
11. False guilt results from the deception of the heart (Jer. 17:9) and the judgment of one's own conscience.
12. **Conclusion**
13. The biblical approach to helping you overcome post-trauma distress begins with your identity in Christ, which is found in the Scriptures.
14. Embrace progressive sanctification- continue to put off sinful thoughts, beliefs, desires, and actions and begin to act and respond in accordance with the scriptures.
15. Seek healing and hope by immersing yourself in God's Word and adopting a biblical approach to resolving your problems.
16. Meditate on, memorize, and apply the Scriptures.
17. Use the Psalms to identify your pain and give voice to your laments.