

#MOMGUILT

THE DIFFERENCES BETWEEN GUILT & SHAME

guilt

shame

I DID something bad	I AM bad
I made a mistake and looks at the mistake	I am a mistake and focuses on the self
An emotion, created by God, to be a healthy response when we make a mistake. Guilt is meant to lead us toward reconciling the wrongdoing	An emotion inflicted by the enemy, used as an unhealthy, counterproductive response that seeks to punish the self
Gateway to grace	Gateway to punishment
A painful feeling of regret and responsibility for one's actions	A painful feeling about oneself as a person
In it's healthiest form it evokes an awareness that our actions have caused harm or injured someone else	Focuses on how we feel about ourselves in light of our imperfect actions
Ownership of one's actions	Blames someone or something else, including blaming oneself, but not truly taking responsibility or ownership
Light – it exposes	Darkness – it hides
Deeper intimacy with God	Distances us from the presence of God
Takes a posture of humility & belief of being the beloved	Takes a posture of pride & belief of being unlovable
Encourages us to come clean, reveal, own and apologize	Encourages us to hide, isolate, blame and/or justify and victimize
Measures our actions against the commandments God has asked of us, and invites us to respond appropriately with contrition & repentance	Measures ourselves up against self-imposed ideals that we have created for ourselves and responds with self-contempt, and self-hatred

LABELING GUILT & SHAME CORRECTLY:

- Have I done something wrong? Have I made a mistake? Have I done something outside the desires God has for me?
 - o If so: label what you are experiencing as GUILT
- Am I measuring myself up against a self-created standard for what it means to be a good mom? Is there some sort of ideal that I've created outside of what God says that I'm chasing after?
 - o If so: label what you are experiencing as SHAME
- Have I gotten stuck in guilt? Have I continued to ruminate on the mistake I made and never moved past it?
 - o If so: label what you are experiencing as both GUILT & SHAME

GUILT PROCESS:

1. Acknowledge
2. Repent
3. Ask
4. Learn
5. Surrender

SHAME PROCESS:

1. Identify
2. Light
3. Truth

REFLECTIVE QUESTIONS:

1. Was there a difference in the comparison of guilt and shame that was surprising or impactful for you personally? Why?
2. What false/self-created "ideal" or "standard" do you have in your head as to what classifies you as a good mom? (i.e. A good mom is....one who rarely takes time for herself, pours herself out fully onto her children, works outside the home, stays home, never lets her children get seriously hurt, etc.)
3. Can you identify any unprocessed mom-guilt? (A mistake you've made as a mom but never intentionally acknowledged, repented, asked for forgiveness, learned from it and surrendered it).
4. Describe a situation or time when you remember thinking, "I am a bad mom." What happened, what was going on in the situation, can you pinpoint what specifically made you feel like a bad mom?
5. Which step in the guilt process is hardest for you? Why?
6. Which step in the shame process is hardest for you? Why?
7. What one step do you want to focus on being intentional about as you go forward from today?