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| Shame Anecdote: The Ladybug Necklace   * Told not to do something but did it anyway * Lied about it * Putting things in mouth, like fingernails—oral fixation * Should be able to control * “That’s what you get” | Shame Versus Guilt   * Brené Brown distinction—some quotes from her work * Other definitions? * Why shame and not just guilt? | Shame Anecdote: Finding Out My Ancestors Owned Slaves   * Ancestry.com * My work with Martin Luther King, Jr. * Confederate flag at cemetery—remove? * Visiting ancestral sites in the deep south * Family refusal to feel shame—it wasn’t us |
| Types of Shame   * Body shame * Sexuality shame * Shame for hungers and longings * Shame for racial incidents * Religious shame (sinner) * Family shame (alcoholism) * Ancestral shame * So many sites of shame | Mother’s Shame   * Pregnancy out of marriage * Having sex at all * Marriage failing * Second marriage a disaster * Everything I learned about shame, I learned from my mother | Research About Shame   * Physical effects * Psychological effects * Men versus women? * Predisposition to shame? * Intergenerational shame * More Brené Brown—“shame researcher” * Other? |
| Shame Anecdote: First Exploration of Sexuality   * Halloween story w/Lisa Barker * Fuzzy memory of facts but clear memory of shame * Not able to tell anyone * Not having any language for what happened * Must be kept secret | Secrecy and Shame   * You’re only as sick as your secrets * List of secrets * Grandmother not telling story of her parents’ accident * The things I’ll write about—the things I won’t (will still keep secrets from reader) | Cultural References About Shame   * Artwork? * Adam and Eve—other myths? * Film—“Shame” +? * Song—“It’s a Shame” +? * Trump—no shame—politicians and shame changing over time * Memes? * Others? |