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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
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| 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?
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| 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?
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