

Glossary of Terms for HONORS GROUP

Segment #1:

	Term	Definition	Notes
1	Foundations of mental health	Psychological health depends on being able to experience power and effectively counteract shame. Self-esteem is a direct out growth of these twin capabilities. ¹ (See responsibility, choice, living consciously and power .)	
2	Responsibility	We own our inner responses and are responsible for our innermost needs and hopes, and our behaviors and actions. We have the primary responsibility to taking care of our selves and our needs.	
3	Power	“...Power certainly means experiencing a measure of ‘control’ or ‘influence.’” ² Power is the experience of having choices. The need for power arises from the need to feel a measure of personal control over our selves, inner control (vs being out of control on the inside) and having influence in our environment. Power is something we can chose to give away, share and/or take back. Having equal power is part of living life from a position of good mental health.	
4	Living Consciously	“This means being fully conscious in the present moment and is accomplished through learning to keep a part of the self back as a friendly observer.” ³	
5	Choice	We cannot always choose how things will be in the world around us but we can have some measure of choice over our inner behaviors and responses, and how we experience ourselves. We can choose to commit, we can choose match realistic expectations to the reality around us.	
(5) Fundamental dimensions of creating positive mental health		(1) Stress Management: powerless-affect-stress cycle	
		(2) Building Self-esteem: shame and self-esteem	
		(3) Identity Regrowth: identity development	
		(4) Managing Feelings: affect management & tools	
		(5) Interpersonal Needs: interpersonal competence	

¹ “Dynamics of Power: Fighting Shame & Building self-Esteem” pg29.

² Ibid, pg 13

³ Dynamics of Power: Fighting Shame and Building Self-Esteem” pg 11

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Segment #2:

	Term	Definition	Notes
1	Shame, healthy	Healthy shame is a <i>feeling</i> ; in particular, that bad feeling we get when we feel exposed or embarrassed. Healthy shame helps us to stay safe and protected (safe from feeling over-exposed and unsupported) in social interactions. It functions like the physical pain we experience when we touch a hot stove--in that it teaches us to draw back from situations where we are not adequately supported and validated. Healthy shame does not injure us on the inside. It helps us to live by our values.	
2	Shame, toxic	Toxic shame is the shame we <i>internalize</i> (by attaching shame to our feelings or our needs, our hopes, our likes and dislikes, our ideas...all those things that help to define our self). Toxic shame is the shame we “take inside.” Shame then <i>binds</i> to our sense of self and prevents us from expressing our true selves. Toxic shame produces shame from within, teaching us to be ashamed of our self, and of our needs and feelings. It teaches us to believe there is something wrong with us and we must hide it from view at all costs. Toxic shame cripples us like a cancer that spreads around within.	
3	Needs	Adapted from Abraham Maslow (1909-1970), human beings have a system of needs shaped like a pyramid. The needs lower in the pyramid must be adequately met first before the higher needs can be attended to. Some writers list the layers of the pyramid as: (1) physical needs, (2) safety needs, (3) belonging & love needs, (4) esteem needs, (5) need for understanding, knowledge and beauty, and (6) self-actualization needs.	
	(1) physical	The need for food, air, water. Sleep and rest. Relief from pain, warmth, shelter and clothing. And sexual needs.	Basic to survival
	(2) safety	The need to be safe, away from dangers and abuse, including physical, sexual, and emotional. The need for predictability and routines in our world, not chaos and crisis. Fairness and a basic sense of security.	Basic to mental survival
	(3) belonging	Need to belong to a group, to be accepted, to connect with others, to find love (sexual and none sexual).	Growth needs
	(4) esteem	The need for self-esteem. And the need to be esteemed by others. Being recognized, valued and appreciated for who you are.	Growth needs
	(5) understanding	The need to know, to satisfy curiosity. The need for meaning. To explore and expand your world. Solutions. Meaningful relationships, friendships.	Growth needs

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	(6) self-actualization	The need for growth. Personal development. Fulfillment. Coming to full potential and mastery. The satisfactory realization of your deep and meaningful life dreams.	Highest level needs
4	Self	It is a sense or an awareness that we have of ourselves that arises out of several inborn human abilities, such as our ability to think, to feel, imagine, judge, hope, will, to direct and to redirect our behaviors. The self is partly conscious and partly unconscious. The self is made up of parts that combine to form a whole, or an integrated combination of “selves.”	
5	Identity	Identity is the conscious relationship we have within ourselves (how the self relates to the self). Our identity arises from our life experiences and gives us a sense of personal history and a sense of being connected to a meaningful future. But primarily it is how we consciously see our self (self-image) in the present and how we feel about what we see. A positive identity shapes the patterns of behaviors we have toward our self (how we treat our self) and the choices we make that feels right (as in “a good fit”) for us.	
6	Self-Esteem	Self-esteem is the self’s ability to esteem itself (to place value upon one’s self or to validate one’s self <i>from within</i>). The key categories of self-esteem are our sense of personal competence and achievement, self-image, self-concept (or identity), body image, self-worth, self-doubt, sense of personal masculinity/femininity—self-esteem is the way we feel about these categories.	
7	Affect	<p><u>Affect is the expressions of emotion</u>⁴:</p> <p>Anger – violent hatred, fury, rage, resentment, frustration, indignation, annoyance, irritability, mad.</p> <p>Sadness – Grief, sorrow, gloom, despair, depression</p> <p>Fear – uneasy, nervous, anxiety, fright, dread, phobia, panic</p> <p>Enjoyment – happiness, relief, contentment, amusement, joy, satisfaction, euphoric, (at far edge, mania)</p> <p>Love – acceptance, friendship, trust, kindness.</p> <p>Surprise – shock, astonishment, startle, wonder</p> <p>Disgust – scorn, distaste, revulsion</p> <p>Shame – shyness, embarrassment, regret, humiliation, shame attacks.</p>	

⁴ List is adapted from “*Emotional Intelligence*,” Goleman, 1995.

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8	Shame-binds	A shame-bind happens when shame is internalized and becomes attached to particular parts of the self. A personality can be said to be <i>shame-bound</i> when so much shame has been internalized that the result is all parts of the self have been affected. This describes a person who has shame spread throughout the self like a cancer of the soul. Listed below are examples of different shame-binds we will cover in this group.	
9	Affect-binds	(Review the affects listed above in *7*) Sometime we get shamed for having and/or showing our feelings. “You shouldn’t feel like that! Bad little boy!” Men in our culture are shamed for showing fear or sadness. Women are often shamed as girls for showing anger instead of being pleasant and nice. When feelings get targeted and shamed by the people in our lives, we internalize those reactions to our feelings and learn to shame ourselves for them. Any time thereafter that we have that shamed feeling, we also experience shame. When shame forces us to not acknowledge or show that feeling, when we hide it—we can be said to have an affect-bind related to that feeling. We can end up unable to recognize and express our feelings, or limited to only showing “safe” feelings—such as anger. (It isn’t ok to show fear so I’ll show anger!”)	
10	Drives-binds	(Refer to *1* above, Maslow’s pyramid of needs.) Sexuality. Hunger. Thirst. Sleep and reset. Oxygen. Pain relief. Warmth (shelter, clothes) These are needs that must be satisfactorily met before other needs can be attended to. The drives that are primarily targeted and shamed in our culture are sexuality and hunger (eating). Drive-binds related to sex and food are common in a dual diagnosis treatment center setting. These are normal and necessary needs that will never go away.	
11	Interpersonal Need-binds	This bind has to do with being shamed for having needs to belong, to be valued and appreciated and to not be mistreated in ways that result in a felt loss of safety in relationships. This is often the case growing up in dysfunctional homes and is difficult to recognize due to family denial, even as an adult.	
12	Purposes-bind	This bind is often the result of being teased by loved ones when we express our hopes or dreams. We are invalidated when no one believes in us, such as, “You? You can’t do that! Your too _____.” (Fill in the blank with criticisms.)	

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13	Images	Images are the mental snapshots that get imprinted in our memories, images that are colored by emotions associated with the original event. These “photographic emotional memories” can remain with us for a lifetime. The associated feels can change in intensity over time, growing stronger and fading.	Internalizations
14	Scenes	Scenes are like images described above but are more like emotion-pact movie clips from events in our life. Scenes, like images, can be strongly imprinted with emotions—emotions that can be amplified overtime. Similar images and scenes can connect together or merge when there are repeated patterns of events in our life. This can happen, for instance, when there is chronic abuse or consistent circumstances that lead to very similar results (such as being teased over and over again for the same thing, or getting hit by a care giver every time you get upset, etc.). These merged scenes become governing scenes that hold tremendous power to affect the shaping of our <i>self</i> and the development of our character.	Internalizations
15	Scripts	Scripts are like roles. They are the action patterns that evolve for the purpose of interpreting and controlling the events and interactions of our day-to-day life. Scripts are formed within us to help us survive difficult or abusive families. Scripts can become so deeply ingrained that they powerfully contribute to the way we interact in relationships. There are (2) important categories of scripts, <i>defending scripts and identity scripts</i> . Defending scripts are outwardly directed action patterns designed to avoid exposure to more scenes of shame. Examples are raging, contempt, perfectionism, striving for power, shifting blame, internal withdrawal, humor, and denial. Identity scripts are highly evolved but dysfunctional ways that the self relates to the self. There are (3) key identity scripts: <ol style="list-style-type: none"> 1. <i>Self-Blame</i> in which the self attacks the self with shaming accusations of guilt, robbing us of personal dignity and self-esteem. 2. <i>Comparison Making</i> is when we are painfully aware that we are “different” in some way that does not measure up and creates the sense that we will never be as good as others. 3. <i>Self-Contempt</i> identity scripting is the targeting of parts of the self with severe contempt that results in those shamed parts being “split off” and disowned. It is the self disowning the self. 	Internalizations