



Principle One, Lesson Two

Why Get Well?

- Cheap pleasures / Monkey Brains have taken their toll
- *Wants* have become *needs*
- Want to feel good in our skin and peaceful in our minds
- To feel engaged and connected in our lives



Shame

- The Beast
- Given to us before we have the boundaries to say 'No.'
- *'There is something wrong with me.'*
- Result of abuse / mistreatment



Responses to Shame

- Withdrawal (hiding)
 - Self-attack (lashing *in*)
 - Avoidance (denying & distracting)
 - Attack (lashing *out*)

