

Cycle of Guilt and Shame

I caused something bad

I am bad

7- Think :

- “I can’t cope, is all my fault... Why can’t I just try harder?”

1 - See the pain of loved ones:

- Thought: “I need to take them out!”

6- Blame:

- Thought: “I’m not competent at being... (a mother, a friend, a person...)”

2- Micromanage (try to control the situation)

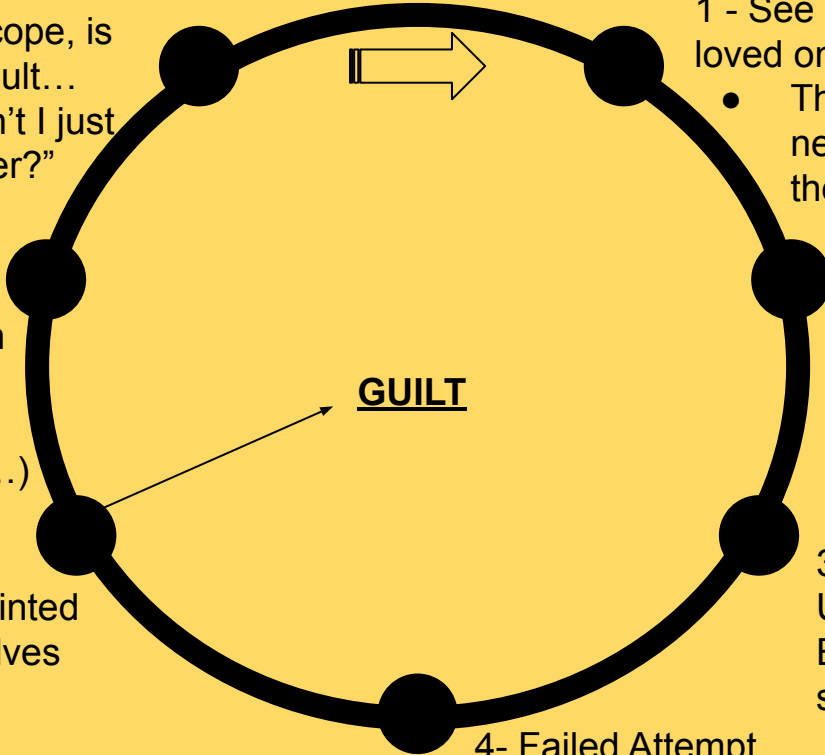
- So the loved one doesn't feel pain

5- Feel Disappointed in ourselves

3- Unrealistic Expectations

4- Failed Attempt

GUILT



Then it all starts all over again!
And start to spiral down,



if I don't stop the cycle, it starts to go deeper.

Then it goes to: SHAME

Feel: "I am bad"

- Cut out from Self

Feel: "Bad parent" -

That carries a lot of weight!

Who can carry that?

I AM A BAD PERSON:

Thinks: "I can't cope"

- Cut out from Self

- I don't know how to be a parent
- I'm not meant to be a parent
- I am bad
- Cut off from ourselves
- No access to the mind:
 - Resources - skills - talents - creativity

How to stop it?

How do you stop the Pizur Hanefesh thoughts and feeling?
And how to start moving into Menuchas Hanefesh thoughts and
feelings?