

Some differences between guilt and shame

	Guilt	Shame
Inner Dialog	I should not have done that. I have done wrong.	I should not be the way I am. I am not enough.
Resulting from	One concrete action that violates an external or internal rule. A "wrong" action.	Find my whole person as not enough, based on a specific demand of myself-
Relates to	My actions.	My being.
The fear behind it	Fear of punishment.	Fear of being excluded.
"Feels like"	Sting, remorse.	Pain, grief.
To be "repaired" by	Inner reconciliation, learn from my experience, dialogue.	Change of adopted self-images and beliefs (inherited shame). Reconciliation with one's own limitations (original shame).
NVC-Process	Mourning process with emphasis on needs now and then, and new strategies for a better future.	Mourning process with deep meditation on my humanness. Work with limiting belief sentences.
Formulation in Giraffe	Now, when I look at the result, I regret that I have acted this way. I want to learn and do better in the future.	I am deeply saddened because I am confronted with the limitations of my own inner freedom of choice in the moment.
Overcoming leads to	Peace with the situation, learning for future situations.	Peace with myself as a human being. Acceptance of my own identity. Freedom in the limitations.
Not allowing leads to	Self-righteousness, hindrance of ones own growth as a compassionate human being.	Obstruction of ones own self-acceptance and preventing the liberation from life-alienating beliefs.

*Based on E. Kurtz: Shame and Guilt;
changed into NVC by Gerhard Rothhaupt, Visionen und Wege June 2010*

Anger is an alarm clock, when my needs for action and influence are not met.

Guilt is an alarm clock when my needs for contributing and enriching life are not met.

Shame is an alarm clock when my needs for self-reflection and humility are not met, and reminds me that I am a human being with limitations. I am not God.