

SHAME NONE MORE

HEALING A LIFE
OF SHAME-BASED
THINKING

Second Edition

AUTHOR NAME

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Complimentary Introduction "Shame on Me"
by John Dunia

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Chapter 1 snippet

Introduction

*He entered the battle at a very young age,
Without even knowing the war he'd soon wage.
His training was poor and filled with mistakes,
The struggle was grueling and filled with heartaches.
The enemy was keen and swift to attack,
Standing guard at the front while striking his back.*

*He would turn to the right and no one was there,
Then quickly look left with a battle-worn stare.
It was as though the enemy sensed his next thought,
Laughing at the lad and foiling his plot.
The boy soon grew weary and wanted to give in,
Having lost all desire for this battle to win.*

*Like many before him, he wandered dismayed,
On the battlefield of life – confused and afraid.
His plans all defeated, no more weapons to use,
He thought there was only one thing left to choose.
What becomes of this soldier we'll soon find out,
As we discover with him what this battle's about.*

Introduction

Writing poetry has often been a great way to express myself. I have written poems as gifts and sometimes for fun. However, when people read them – even those for whom the poem was written – I get a little nervous and anxious. Even the simplest poems reveal a glimpse into my soul. It is as though part of me is put on display for anyone to read.

At an early age I learned to play piano and loved to write songs. For most of my life, I have been a musician – both writing and performing – which has been quite enjoyable. Yes, there absolutely were pre-performance jitters however, being on stage and evoking emotions from the audience was quite fulfilling.

Poetry on the other hand, at least for me, is opening my soul and revealing my deepest thoughts and emotions. The same is true with writing this book.

On the one hand I was encouraged and inspired to write it, but on the other hand, having my emotions, thoughts, and deeds in print for anyone to see will likely leave me feeling exposed and vulnerable. But what I have learned about shame – its effects and the negative consequences in my life as well as being on the path to healing – is worth shouting from the hilltops.

The purpose of this book is to show you how that all progressed. If you have ever wondered about anything similar in your life, I completely empathize with you. I hope that reading about my experiences will help you understand how your own way of thinking can be the stumbling block.

I uncover ideas and thoughts that are rarely talked about or at least not in as blunt or a straightforward way. I talk about how we learn to think negative thoughts about ourselves and the circumstances that led to it. I also talk about the remedies that help change it.

We are often told we need to heal. But how does that occur?

When we are told to put it behind us or get over it.

What exactly does that mean?

Introduction

Attending a seminar or reading a self-help book might inspire you for a few days or weeks, but how do you keep that flame burning when in some ways, your own thinking is extinguishing it? That is the real crux of the matter.

From our birth, all the events that contribute to the negative things about who we are which is the essence of shame – is the actual demon in our lives.

After observing its impact in my life as well as in others, I believe that shame is the leading cause of most of our problems and social ills. It is the foundation for nearly every negative outcome in our lives, yet it is one of the least-talked-about emotional issues. Why? Because it is camouflaged by a combination of many types of feelings and emotions, it has continued to wreak havoc on people, yet nearly remain invisible.

My therapist told me that if humans did not have the capacity to become intimate with one another, then no one would experience shame. That means all of us have experienced it. Because the depths of our experiences vary greatly, for some, it may have very little effect; for others, it may haunt them for their entire life. Since everyone experiences it in unique and different ways, so are the remedies to healing unique to each person.

We have grown so accustomed to it being a part of our everyday life that its negative impacts on our thoughts and choices are not noticed. It started impacting us when we were in diapers, and for some, it will continue to cause self-sabotaging behavior for the remainder of their life. This is exactly what shame wants to accomplish, to make sure that we never realize it has this power over us.

Introduction

My struggle against shame was as if I were fighting a separate entity from myself. It also had the upper hand because it had final veto power over my decisions. Sometimes the outcome was subtle and other times it was devastating. It remained in control because I had no idea it was in control. However, that all began to change in May of 2011.

One day, life came to a screeching halt. My twenty-two-year marriage hit its first major hurdle. For over a year we tried to work things out, but it began to spiral out of control and the marriage was not able to survive. Near the end, I met a therapist who was able to help guide me and prepare me to face the "Battle of Shame" head on. Ultimately, what I learned was how shame played a major role, not only in the breakup of the marriage, but in nearly every aspect of my life up to that point.

Suddenly, I was 53, divorced, with no idea how I got there. I was a hard-working guy, generally honest, and tried to give back more than I took. My childhood was not unusually difficult. I did well in school and was a decent athlete. How could such a "normal" child and decent adult wind up in this sort of a predicament?

I was determined to listen and follow directions carefully. Anything my therapist would tell me to do I would do wholeheartedly. In fact, I recorded my sessions and listened to them repeatedly, so I wouldn't miss any instructions.



Introduction

In order to understand how much shame was playing a part in my life, there was more I needed to understand about myself. One of my biggest roadblocks in life was the “tell me what to do” attitude. I am not trying to say that following direction is bad, but in my case it was taken to the extreme. What I discovered was I not only wanted but needed someone to tell me what to say, think, and feel. The other detrimental thing I believed was that my own ideas, thoughts, and desires were “wrong.”

Discovering how and why I developed this line of reasoning was the first milestone in my struggle. When a person constantly looks to others for the right answer, he or she also begins to believe the answer can't be found from within. If we cannot trust ourselves enough to find our own answers, then we will never find the correct answer. I reached the first step, the knowledge of how I was acting and thinking. Perhaps I was not ready to find the answer, but I knew that the answer was from within and there would be much more self-discovery before finding the shame.

Shame on Me is not only an account of my healing journey, but it is also an attempt to bring to light the idea that so many of us don't realize what it is about our own understanding that limits our potential. Most short-comings stem from feelings of unworthiness, and the unworthiness comes primarily from the negative things we learn to believe about who we are. This is the essence of shame. It is so prevalent that it has camouflaged its negative effects on society.

Introduction

I believe that shame is the foundation of our individual problems as well as those with our interactions with people. Over the millennia, shame has embedded itself in our thoughts and actions. It has caused more destruction than all natural catastrophes combined. It has developed into a wide range of characteristics from feeling of unworthiness to arrogance.



It is a diverse and complex problem, and my sincerest hope is that by reading this book, you will more easily understand the impact it made on your life and how it might affect others. As with every problem we attempt to solve, the first step is knowledge. Let's begin.

All of us have suffered from shame in one way or another, and along with our individual suffering, we also learned to react to it differently. This is precisely why it is important to understand how shame affects us individually, because we often misinterpret the actions of others simply because we believe they react to shame in the same way we do.

Chapter One

The Beginning of Shame

"It's as though everything I see, do, think, or feel passes through a filter of shame, just as when I put on a pair of sunglasses, everything I view passes through their lenses"

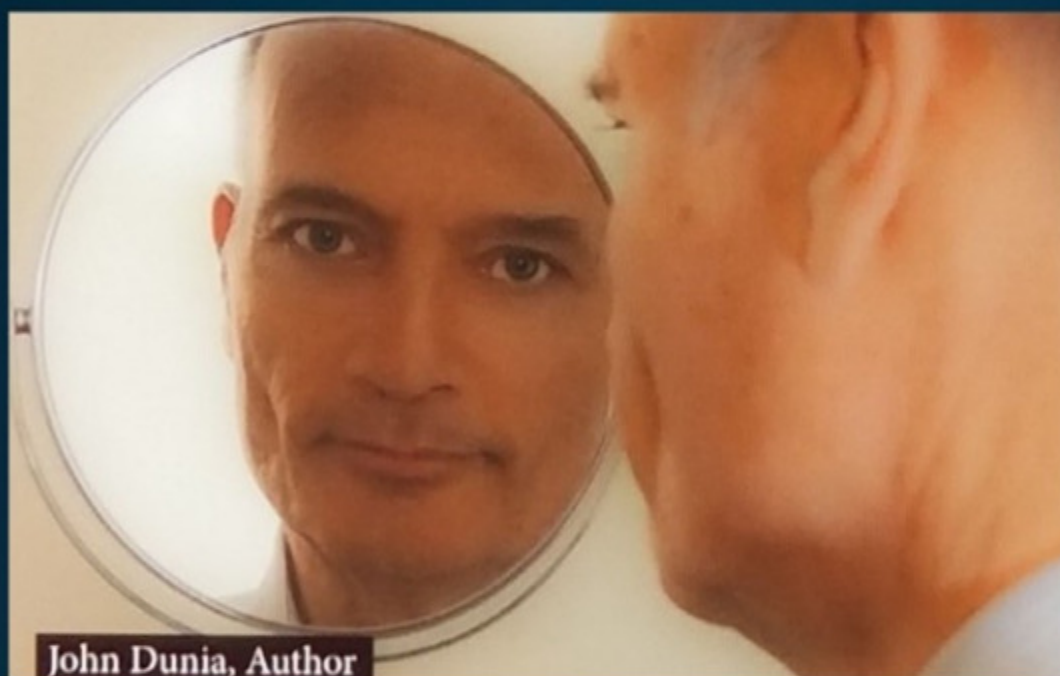


We hope you enjoyed this introduction to "Shame on ME". To continue reading this fascinating journey of one mans struggle click [HERE](#) to buy the book.

Connect with John Dunia - [HERE](#)

Shame On Me is one man's journey toward self-awareness and how shame-based thinking hinders a successful and happy life. Sometimes shame blinds us from realizing how our own thinking becomes the biggest roadblock to success. This book is written for them!

Determined to understand the "error of his ways," Dunia embarks upon a life-changing journey. This Second Edition chronicles in greater detail and updated techniques on how to overcome these challenges and beginning the steps in "Healing a Life of Shame-Based Thinking."



Since publishing the first edition, he has begun a practice guiding others on their journeys of emotional healing and greater personal development. Find out how to work with him at www.shamedoctor.com

