

# WELL-BEING SNAPSHOTS K-7

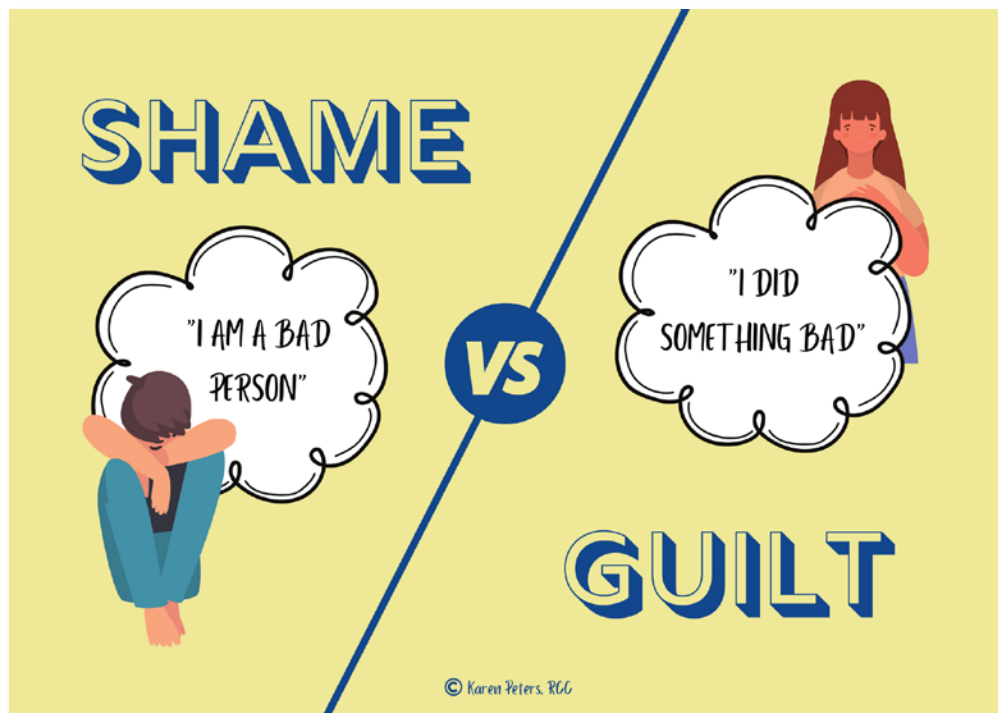
## SHAME RESILIENCE BUILDING

Did you know there's a significant difference between the experience of shame and feeling guilt? Or is it just semantics?

Brené Brown, a speaker, author, and sociologist, has extensively researched the experience of shame. She discovered not only is there a difference between shame and guilt, but one offers us empowerment to improve and the other cements us in place, so we are unable to grow or learn. As she so simply but profoundly puts it, shame tells us we're bad, and guilt tells us we've done something bad. Shame makes it about who we are and guilt points to our actions or behaviours. The big takeaway is that we don't learn from a place of shame - that darkness inside that says we're not good enough. Shame isn't an effective teaching strategy. In fact, it steeps us in believing we aren't capable or worthy of change.

Guilt, however, is a natural human emotion in response to something we've done that has perhaps caused someone else pain, discomfort, or loss. It's the sign pointing to what needs to be acknowledged, owned, made amends for, and how it needs to look different going forward. It provides a platform for healthy accountability and safe connection. Guilt is an opportunity for learning and restoration in relationships. It's the land where forgiveness is possible.

As parents, we have a significant role in setting the stage for right relationships. We can instill in our children their worth and their responsibility, how to own their actions,



and learn from mistakes. We can model how we recognize when we hurt someone and reconciled well. We can and should leave shame out of the picture, for eroding our kids' sense of self prevents change and healthy repair. When our children's behaviour causes us worry, approach with compassion and grace, while naming the action leading to the hurt. Equip them with the tools for reconnection by reminding them they are good, teaching them how to apologize, and empower them to make better choices. ●

### RESOURCE LINKS:

[Parenting in the Trenches Podcast episodes S5.E3](#)

[The Gifts of Imperfection, by Brené Brown](#)