

HANDOUT 8.3: DISTINGUISHING SELF-CONSCIOUS EMOTIONS

Example:

Situation : you are driving home and suddenly a dog runs out in front of you and glances off your car. No serious damage has been done but it leaves you shaken.

These are the feelings and thoughts and maybe behaviours that would go with different self-conscious emotions:

External shame	Internal shame	Humiliation	Guilt
<p>Your main emotion here will be anxiety. Your attention will be on what other people who may have witnessed this (or the dog owner) will be thinking and whether they will be blaming you for not being careful. You might have a sense of being exposed in some way. So, your attention and thinking is focused on the mind of others; about what they are feeling and thinking about you.</p>	<p>Your main emotion here will be anxiety but also possibly lowering of mood slightly. Here your attention will be on yourself, possibly blaming yourself for not being careful enough. Maybe you noticed you were an automatic pilot while you were driving thinking about something else, as we often do. So, your attention is internal, thinking you should have been more careful in some way. You might also have thoughts that it's</p>	<p>Here your emotion is primarily one of anger: you might think "why don't people keep their dogs on lead they are so irresponsible! I hope this bloody dog hasn't damaged my car!" Or you might think other people didn't realise that it wasn't your fault and blaming you unfairly. Your attention is on other people's behaviour and blaming them and feeling angry with others for one reason or another.</p>	<p>Here your focus is on your behaviour, not a global sense of self in any way and your emotions will be primarily ones of sadness and possibly remorse because this was unintended. He really didn't want to cause pain to an animal. Your attention will be on the dog and concern for the dog and check that it's okay. You are not particularly worried what others might be thinking about you and you're not putting yourself</p>

	typical of you and perhaps you are not careful enough a person.		down in any way. Nor are you feeling angry with dog owners and see it as just an unfortunate accident.
--	---	--	--

A.

<p>Situation : You forget your friend's birthday and they call you to remind you. These are the feelings and thoughts and maybe behaviours that would go with different self-conscious emotions:</p>			
External shame	Internal shame	Humiliation	Guilt
<p>How would your compassionate self help you?</p>			

B.

Situation : You lose your temper with your children and you are rushing around shouting at them. These are the feelings and thoughts and maybe behaviours that would go with different self-conscious emotions:

External shame	Internal shame	Humiliation	Guilt

How would your compassionate self help you?

C.

Situation : Because life has been difficult you get into drugs and that causes pain to people around you.

These are the feelings and thoughts and maybe behaviours that would go with different self-conscious emotions:

External shame	Internal shame	Humiliation	Guilt

How would your compassionate self help you?

--

D.

Situation : Think of a personal situation where you somehow behaved 'wrongly' towards someone.

These are the feelings and thoughts and maybe behaviours that would go with different self-conscious emotions:

External shame	Internal shame	Humiliation	Guilt

How would your compassionate self help you?