



OLIVE TREE
COUNSELING CENTER

SOME QUESTIONS TO CONSIDER BEFORE ATTENDING THE SHAME WEBINAR:

1. Everyone has a story about shame in their life. We all have felt ashamed of ourselves, been shamed by someone or engaged in shameful behavioral patterns. Think about an event or pattern of behavior in your life about which you were shamed or ashamed. What happened to you and within you? How did shame show up in your body? In your thinking? In your feeling? In your spirit? In your behavior? Then what happened? Did that shame experience in any way get used redemptively? If so, how did you, God or others help you do that?
2. Workers living in a cross-cultural context may encounter more opportunities to feel shame than those who do not. Shame experiences may occur as workers adjust to a new language and culture; feel the pressure to be “productive and effective” to justify their support. When problems/conflicts arise in their marriages, families, teams and organizations, shame often plays a role in how they are addressed. As a cross-cultural worker where does shame most often arise for you, for others? How does it get expressed? What are the healthy or unhealthy ways you try to deal with it? When the webinar focuses on shame resilience, self-compassion, and graceful living, would you consider sharing one or two healthy ways in which you deal with shame?
3. The Bible is filled with stories about shame from the Garden of Eden through the formation of the early church. Many reveal the painful consequences of shame, shaming and being shamed; stories that include individuals, families, nations, and all of humanity. Many biblical stories also include redemptive acts where shame is transformed and/or healing from shame occurs. What is your favorite story about shame and redemption in the Bible? What makes it your favorite? Do you identify with any parts of this story? What do you learn about how shame can be graciously redeemed by God to bring about healing and wholeness for yourself, others, the church and the world?

You may wish to share by chat during the webinar what biblical story or passage means the most to you and a takeaway (in a word or two) about shame redemption.