

A PARENT'S  
TO  
GUIDE

# Shame-Free Parenting

**axis**

# **In This Guide . . .**

- It's not just kids: We *all* need to figure out how to deal with our shame.**
- Why do I need to be concerned about shame?**
- What exactly is shame? Is it different from guilt?**
- What are the effects of not knowing how to deal with shame?**
- What causes it?**
- What distinguishes it from other emotions?**
- Is it different for men versus women?**
- How does family contribute to our shame problems?**
- Does culture contribute to our shame?**
- Does the Church contribute to our problems with shame?**
- Ok, you've mentioned dealing with shame in unhealthy and unhelpful ways, but what exactly are those?**

- **So what happens internally when we succumb to shame?**
- **What light does God's word shine on shame?**
- **How do vulnerability and empathy help us move past shame?**
- **What happens internally when we deal with shame well?**
- **So what does all this have to do with how I discipline and correct my kids?**
- **How can I create an atmosphere of shame resilience in my family?**
- **How can I know if I'm parenting from a place of shame?**
- **Recap**
- **Discussion Questions**
- **Conclusion**
- **Additional Resources**