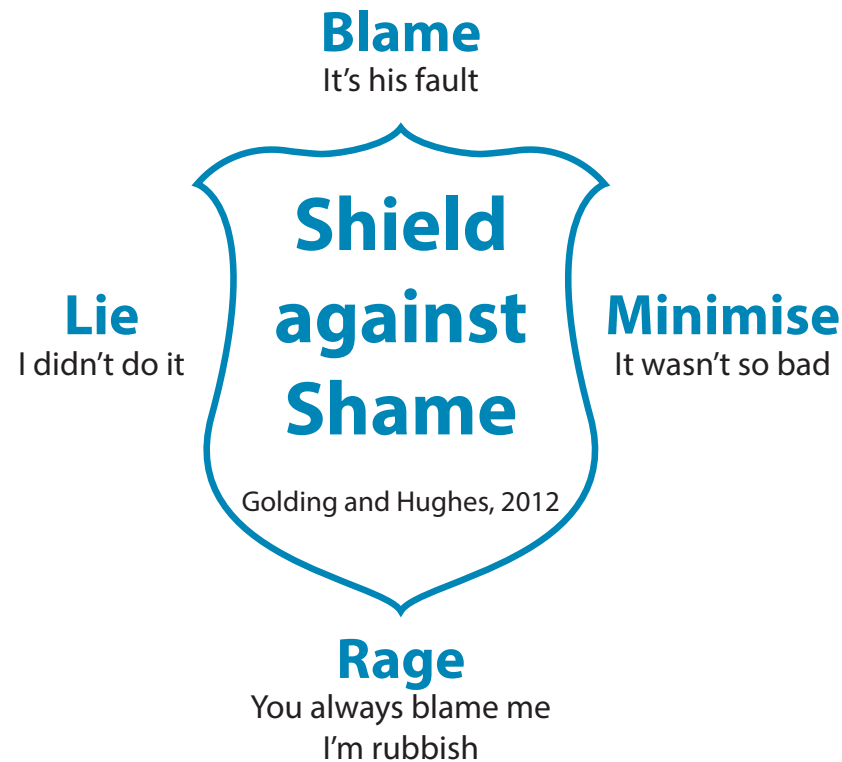


Shield against Shame Diagram

Golding and Hughes, 2012

Children who quickly experience shame that they cannot regulate will find it difficult to trust and will be over sensitive to signs that they are not good enough, that they are bad.

As these children experience increased stress, they draw away from the relationship, becoming controlling instead.



Regulate the shame that the child is experiencing by:

Providing emotional support with a focus on the relationship.

A focus on behaviour (correction) strengthens the shield.

A focus on their experience underlying the behaviour will weaken it (connection).