

# Treatment of shame and guilt in alcoholism counselling

## Haworth - How Shame Impacts Addiction & Recovery



Description: -

- Alcoholism counseling.

Alcoholism -- Treatment. Treatment of shame and guilt in alcoholism counselling

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### The Treatment of Shame and Guilt in Alcoholism Counseling by Ron Potter

The bottom line At high levels, guilt and, especially, shame are problematic feelings.

### How Feelings of Guilt and Shame Fuel Addiction

Thus, people that suffer from diseases that have a stigma attached feel more guilt and shame about their disease. But if using these substances makes you feel guilty, then avoid them.

### How Shame Impacts Addiction & Recovery

If you live in your guilt, you will most likely end up feeling shameful. Start the conversation by focusing on the basics of your experience. Other times, though, you may need to speak to a mental health professional.

### The Treatment of Shame and Guilt in Alcoholism Counseling by Ron Potter

You will at least be able to say that you did your best to make amends. Learning how to forgive yourself takes a long time and is a very long process.

### The Treatment of Shame and Guilt in Alcoholism Counseling by Ron Potter

Creating pride Some people spend too much time trying to instead of seeking out pride.

### How Shame Impacts Addiction & Recovery

Guilt is a remorseful feeling that can either motivate a person to correct the situation or cause them to act out negatively or irrationally. Those that struggle with loneliness also often use substances as a substitute for healthy personal relationships. People must change their behavior and attitudes to recover from any disease.

## **The Role of Shame and Guilt in Addiction Treatment**

People who battle addiction or have loved ones who struggle with this disease can understand how negatively impacting it can be. Overtime, an individual can begin using to forget about the guilt and shame of using.

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