

## 10 Characteristics of Shamed Based Systems

The reason it is important to understand this is not so that we can blame the system that we came from and say, "I'm the way I am because of them." Our issues as human beings are not how we were treated as kids. Our issues are how we decided to respond to how we were treated as kids. But in order to understand how we chose to respond and learn to make different responses, we need to understand how we were treated as kids.

### (1) Out loud shaming

"Shame on you!" "You are stupid!" "You are spoiled!"

### (2) Performance Oriented

More focused on behavior than they are people.

### (3) Unspoken rules

Rules that govern the system that are not said out loud, because if they were said out loud, they'd look as "goofy" as they are. Reasons for a no-talk rule: A) If I don't perform you can't talk B) If I don't perform and you talk, you're the problem for talking; and C) Keeps all these other rules unspoken. You become the problem for noticing the other stuff. What people think is the most important thing.

This is so important because people live these things (unspoken rules) out unintentionally (subconsciously). They pass these on to the next relationships. And if you don't like these rules, you have to know you have them and break them on purpose or else you carry them on to the next generation. Here's some examples: Adults are more important than kids. Women are here to do what men want. People who are sad are over sensitive. If parents are upset, it is because of the behavior of the kids. It's the kids responsibility to fix parent's feelings. Not showing feelings is the same as not having them. Questions are disrespectful. It's never OK to say no to adults. Peace at all cost. Needs are selfish.

**(4) Coding**

If you're in trouble for noticing stuff then you have to figure out how to say stuff without saying it; so you code. (Example: If you had the no talk rule, needs are selfish; then you'd have to ask for needs without asking because you'd have to look no needy.) Another part of coding is triangulating.

**(5) Idolatrous**

People are taught to get their sense of OKness from something other than God.

**(6) Have a hard time with kids**

Because kids are messy, in process, ask hard questions, and don't do it right. ("Act your age" meant act like an adult.)

**(7) Focused on fault and blame**

**(8) Strong on head skills**

Good at denying problems and rationalizing

**(9) Weak on heart skills**

People aren't allowed to feel; pretend to be happy when sad

**(10) Survival roles**