

# CONTENTS

	<i>Introduction</i>	<i>xiii</i>
ONE	<i>Understanding Shame</i>	<i>I</i>
TWO	<i>Shame Resilience and the Power of Empathy</i>	<i>31</i>
THREE	<i>The First Element: Recognizing Shame and Understanding Our Triggers</i>	<i>69</i>
FOUR	<i>The Second Element: Practicing Critical Awareness</i>	<i>92</i>
FIVE	<i>The Third Element: Reaching Out</i>	<i>121</i>
SIX	<i>The Fourth Element: Speaking Shame</i>	<i>155</i>
SEVEN	<i>Practicing Courage in a Culture of Fear</i>	<i>173</i>
EIGHT	<i>Practicing Compassion in a Culture of Blame</i>	<i>212</i>
NINE	<i>Practicing Connection in a Culture of Disconnection</i>	<i>241</i>
TEN	<i>Creating a Culture of Connection</i>	<i>271</i>
	<i>Recommendations, Resources and References</i>	<i>286</i>
	<i>Index</i>	<i>298</i>