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The Shame-Bound Cycle

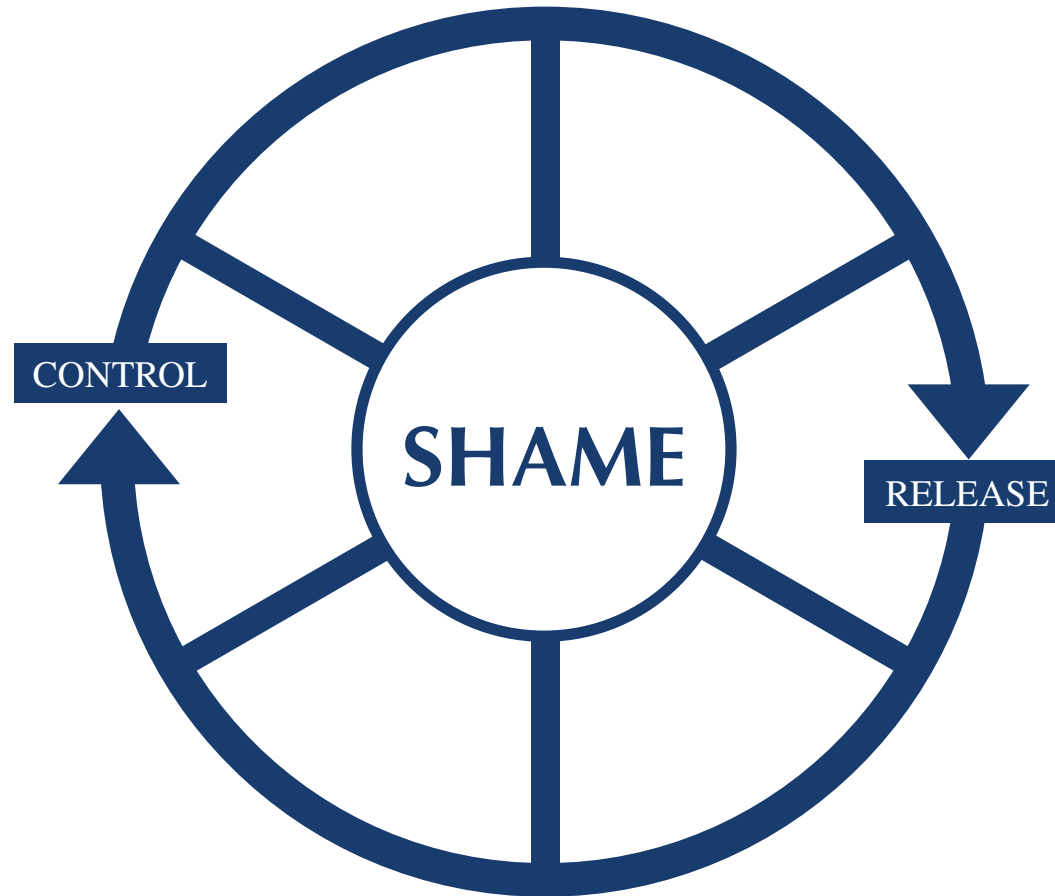
Compulsive:

- Dieting
- Work
- Cleaning
- Saving
- Helping Others

Agoraphobia
Some psychosomatic illness

Personal Traits

Overly Critical
Self-Righteous
Rigid
Blaming
Pleasing and placating



Abuse of:

- Alcohol
- Drugs
- Food
- Sex
- Money

Physical abuse
Sexual abuse
Verbal abuse
Self-Mutiliation

Personal Traits

Self-Centered
Self-Indulgent
Unpredictable
Lacking Self-Control

From: Facing Shame, Fossum & Mason, 1986