

MY NAME IS TOXIC SHAME

I was there at your conception,
In the epinephrine of your mother's shame.
You felt me in the fluid of your mother's womb.
I came upon you before you could speak,
Before you understood, Before you had any way of knowing.
I came upon you when you were learning to walk,
When you were unprotected and exposed
When you were vulnerable and needy
Before you had any boundaries....

MY NAME IS TOXIC SHAME.

I came upon you when you were magical,
Before you could know I was there.
I severed your soul, I pierced you to the core.
I brought you feelings of being flawed and defective.
I brought you feelings of distrust, ugliness, stupidity, doubt,
worthlessness, inferiority, and unworthiness.
I made you feel different.
I told you there was something wrong with you.
I soiled your Godlikeness....

MY NAME IS TOXIC SHAME.

I existed before conscience,
Before guilt, Before morality.
I am the master emotion!
I am the internal voice that whispers words of condemnation.
I am the internal shudder that courses through you without any mental
preparation....

MY NAME IS TOXIC SHAME.

I live in secrecy in the deep moist banks of darkness, depression, and despair.
Always I sneak up on you, I catch you off guard, I come through the back door,
Uninvited, Unwanted, The first to arrive.
I was there at the beginning of time with Father Adam, Mother Eve
Brother Cain.
I was the Tower of Babel, the Slaughter of Innocents....

MY NAME IS TOXIC SHAME.

I come from "shameless" caretakers, abandonment, ridicule, abuse,
neglect - perfectionistic systems.
I am empowered by the shocking intensity of a parent's rage,
The cruel remarks of siblings;
The jeering humiliation of other children;
The awkward reflection in the mirrors;
The touch that feels icky and frightening;

The slap, the pinch, the jerk that ruptures trust.
I am intensified by a racist, sexist culture,
The righteous condemnation of religious bigots;
The fears and pressures of schooling;
The hypocrisy of politicians;
The multigenerational shame of dysfunctional family systems...
MY NAME IS TOXIC SHAME.

I can transform a woman person, a Jewish person, a black person, a white person, a gay person, an oriental person, a precious child into, A bitch, a kike, a nigger, a cracker, a bull dyke, a faggot, a chink, a selfish little bastard.
I bring a pain that is chronic, a pain that will not go away.
I am the hunter that stalks you night and day.
Every day, everywhere,
I have no boundaries.
You try to hide from me, but you cannot
Because I live inside you,
I make you feel hopeless, Like there is no way out....
MY NAME IS TOXIC SHAME.

My pain is so unbearable that you must pass me onto others through control, perfectionism, contempt, criticism, blame, envy, judgement, power, and rage.
My pain is so intense, You must cover me up with addictions, rigid roles, reenactments, and unconscious ego defenses.
My pain is so intense, that You must numb out and no longer feel me.
I convinced you that I am gone - that I do not exist - you experience absence and emptiness....
MY NAME IS TOXIC SHAME.

I am the core of co-dependency, I am spiritual bankruptcy,
The logic of absurdity, the repetition compulsion.
I am crime, violence, incest, rape, I am the voracious hole that fuels all addictions. I am insatiability and lust.
I am Ahaverus the Wandering Jew, Wagner's Flying Dutchman, Dostoyevski's underground man, Kierkegaard's seducer, Goeth's Faust.
I twist **who you are** into what you do and have.
I murder your soul and you pass me on for generations....
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~~"Home Coming: Reclaiming and Championing your Inner Child."~~
by John Bradshaw