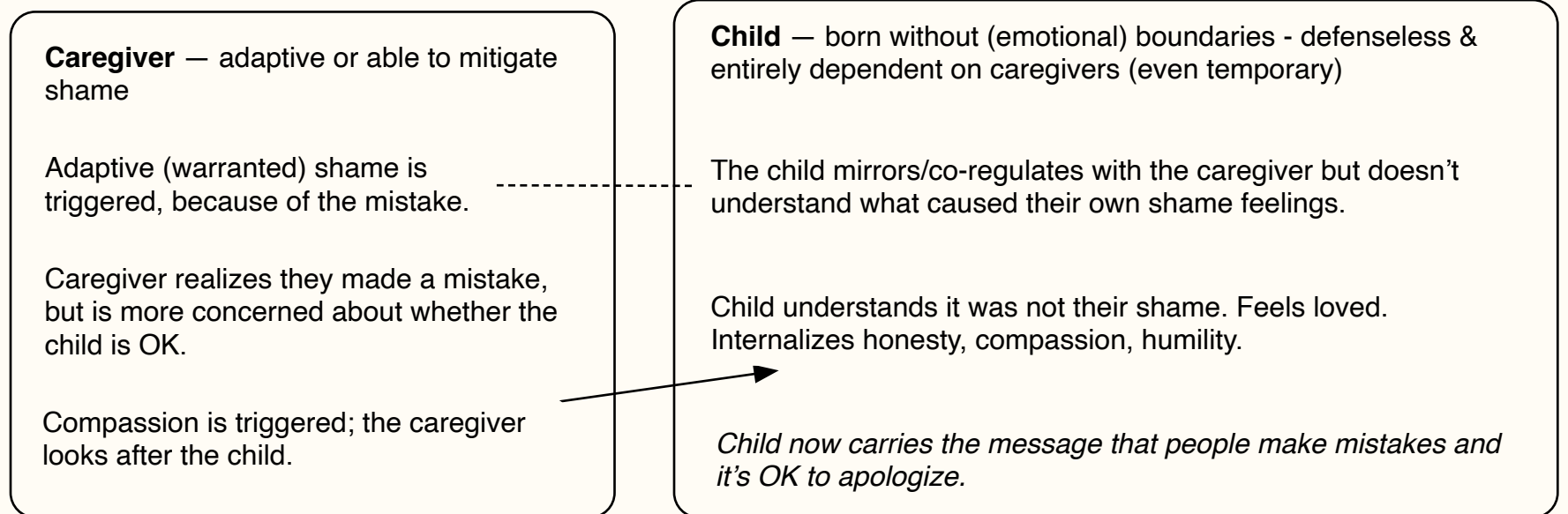


# Adaptive Shame Ideal

**EVENT:**

Caregiver makes a mistake while caring for a child (whether or not deliberate) .

The adult handles the situation appropriately.

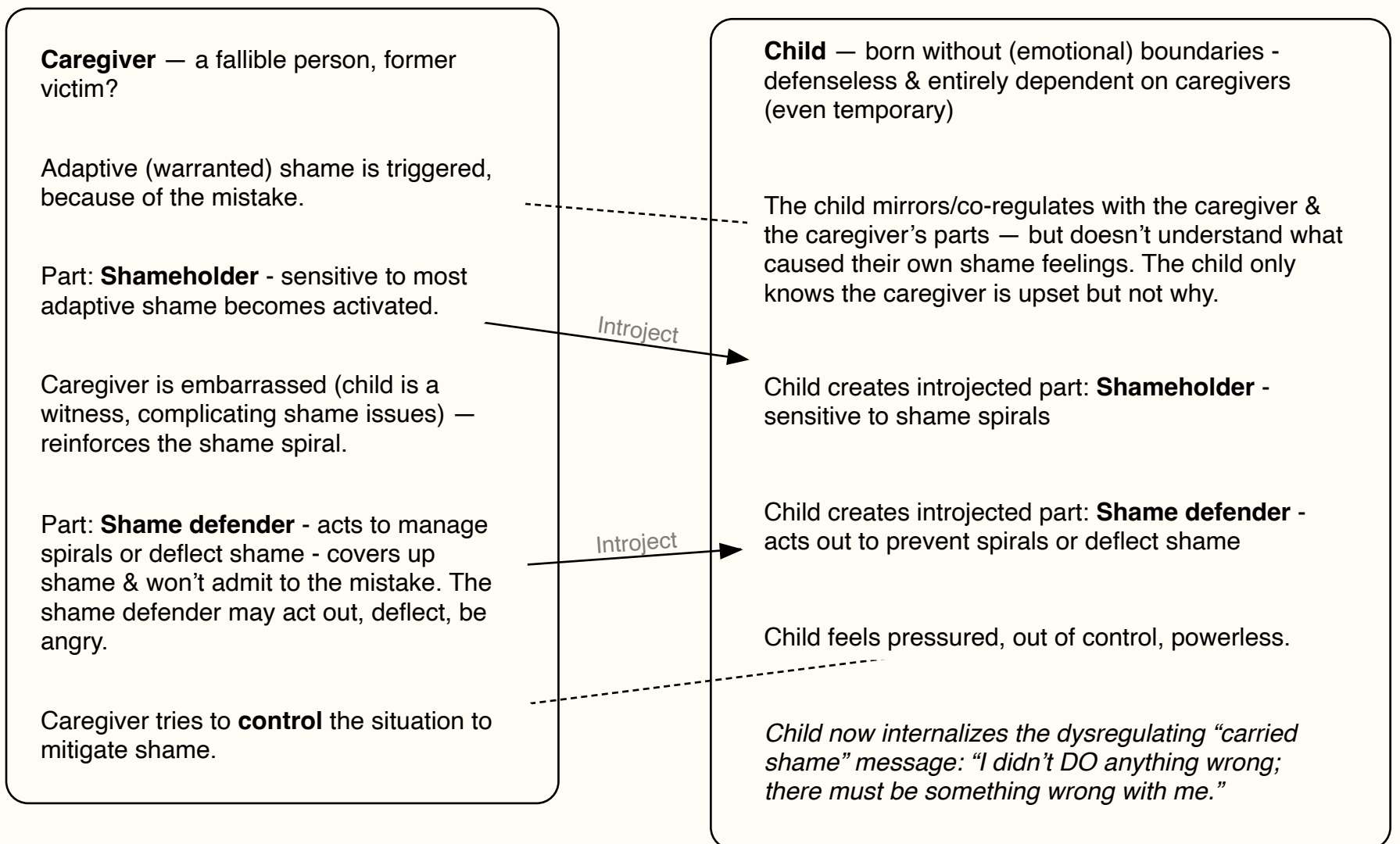


# Carried Shame Issues

**EVENT:**

Caregiver makes a mistake while caring for a child (whether or not deliberate)

The adult made a mistake — but they cover up the shame, the child ends up taking on introjected shame.



**Notes**

Mirror Neuron Network — thought to provide attunement, co-regulation & empathy.

Young kids don't have emotional boundaries & have the highest level of attunement to their caregivers

(Shame starts developing ~9 months. )