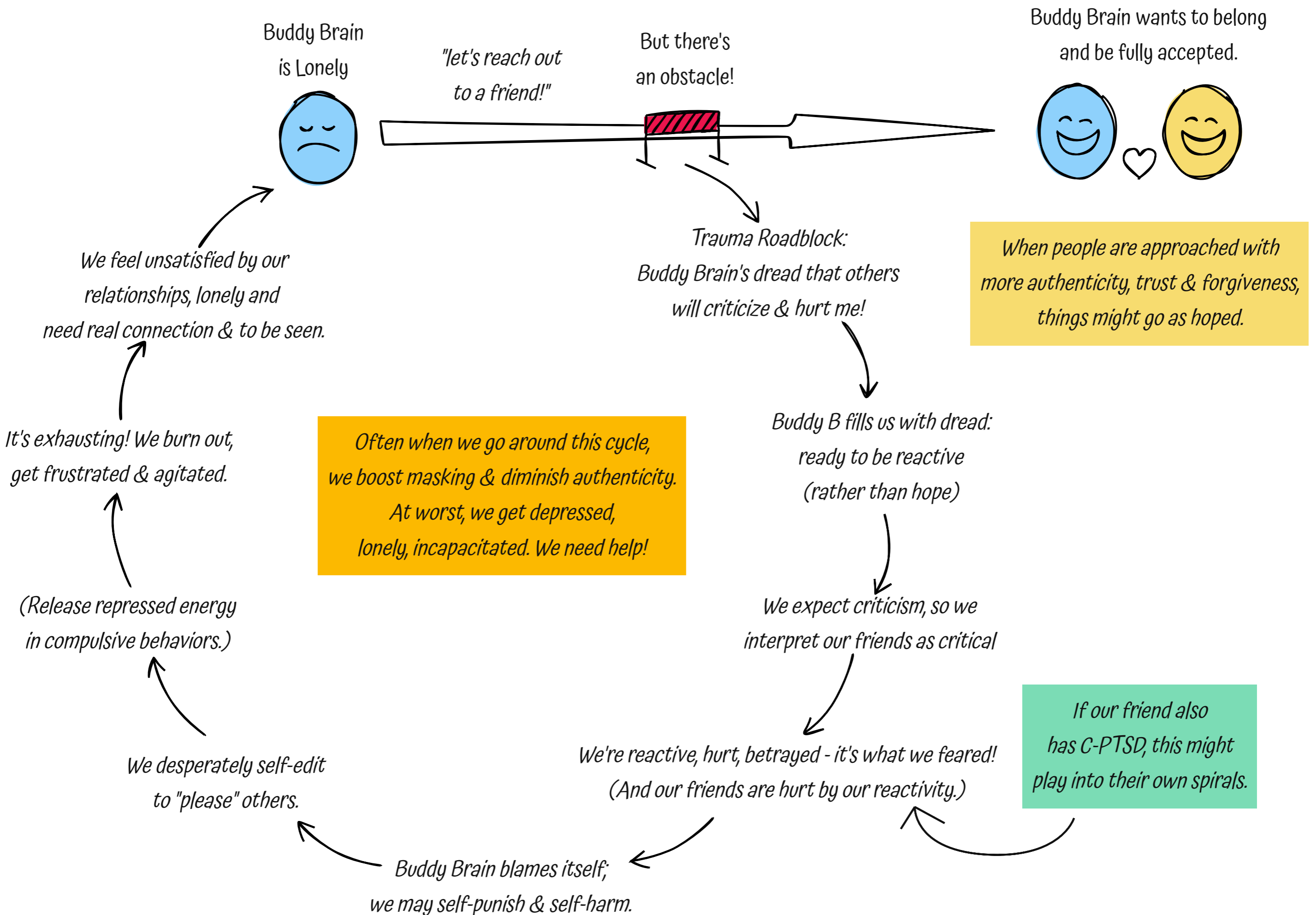


# One Common C-PTSD Shame Cycle

"Buddy Brain" here is autonomic nervous system drives developed to preserve advantages gained when surviving as part of a group. These show up as many flavors of shame reactions that control our behavior. Shame defined here as complex fears of exile &/or loss of belongingness, status, rank, & inclusion. Common shame-based fear reactions include fawning, tend & befriend, sublimation, repression, masking, & introjecting abuser behavior.



# Proposed solution for a C-PTSD Shame Cycle

"Buddy Brain" is so ancient it doesn't know when someone is tribe or is not tribe. It can be very helpful to reassure our nervous system when we are dealing with someone who is not-tribe. However, when we are dealing with someone who we do consider part of our family, tribe, or intentional community, we can try taking teeny tiny steps to be more authentic and regain closeness, transparency, and belongingness with them. A win-win for all.

