

Removing the Shame Label:

Opening Your Heart to Acceptance and Love

With Guest Dr. Eddie Capparucci

A Webinar From



BROTHERS ON A ROAD LESS TRAVELED



[About Us](#) ▾[About SSA](#) ▾[Our Journey](#) ▾[Our Programs](#) ▾[Tools](#) ▾[Donate or Register](#) ▾[Blog](#)[Languages](#) ▾

Who We Are

Men supporting each other in better aligning our sexual thoughts, feelings, and behaviors with our values, faith, beliefs, and life goals.

[LEARN HOW](#)

"Rather than developing techniques to manage your addiction, Eddie invites you to something better: to connect and strengthen the child within you."
-Jay Stringer, author of *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*

EDDIE CAPPARUCCI

GOING DEEPER

*Understanding How the Inner Child
Impacts Your Sexual Addiction*

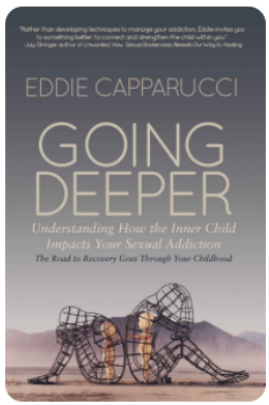
The Road to Recovery Goes Through Your Childhood





[VIEW WEBINAR RECORDING](#)

[HIGHLIGHTS \(POWERPOINT\)](#)



Going Deeper: How the Inner Child Impacts Your Sexual Addiction

Recorded Wednesday, October 7, 2020 | Guest speaker: Eddie Capparucci, LPC

A conversation with [Eddie Capparucci](#), Licensed Professional Counselor and author of two books, including [“Going Deeper: How the Inner Child Impacts Your Sexual Addiction.”](#)

The road to recovery goes through your childhood, Eddie Capparucci teaches. In other words, if we understand *why* we do what we do, our ability to shift away from undesirable behaviors dramatically increases. Sexual addiction is not sex, he says. It is the result of a man’s inability to identify and process emotional pain.

(It’s worth noting that Eddie’s philosophy is very much in line with the Brothers Road [“HeartPower” principles](#), in which “discovering the why” and then healing the underlying wounds and meeting the real needs are key to breaking unwanted sexual habits.)

Eddie describes the most common types of the inner child that can drive adult men to unwanted sexual behaviors (the bored child, the unnoticed child, etc.). He then breaks down critical steps to healing: Identifying core emotional triggers, processing the inner child’s emotional pain, and more.

[VIEW WEBINAR RECORDING](#)

[HIGHLIGHTS \(POWERPOINT\)](#)



"FASCINATING."
-KEN BANGS, AUTHOR OF GUARDIANS IN BLUE

Removing Your

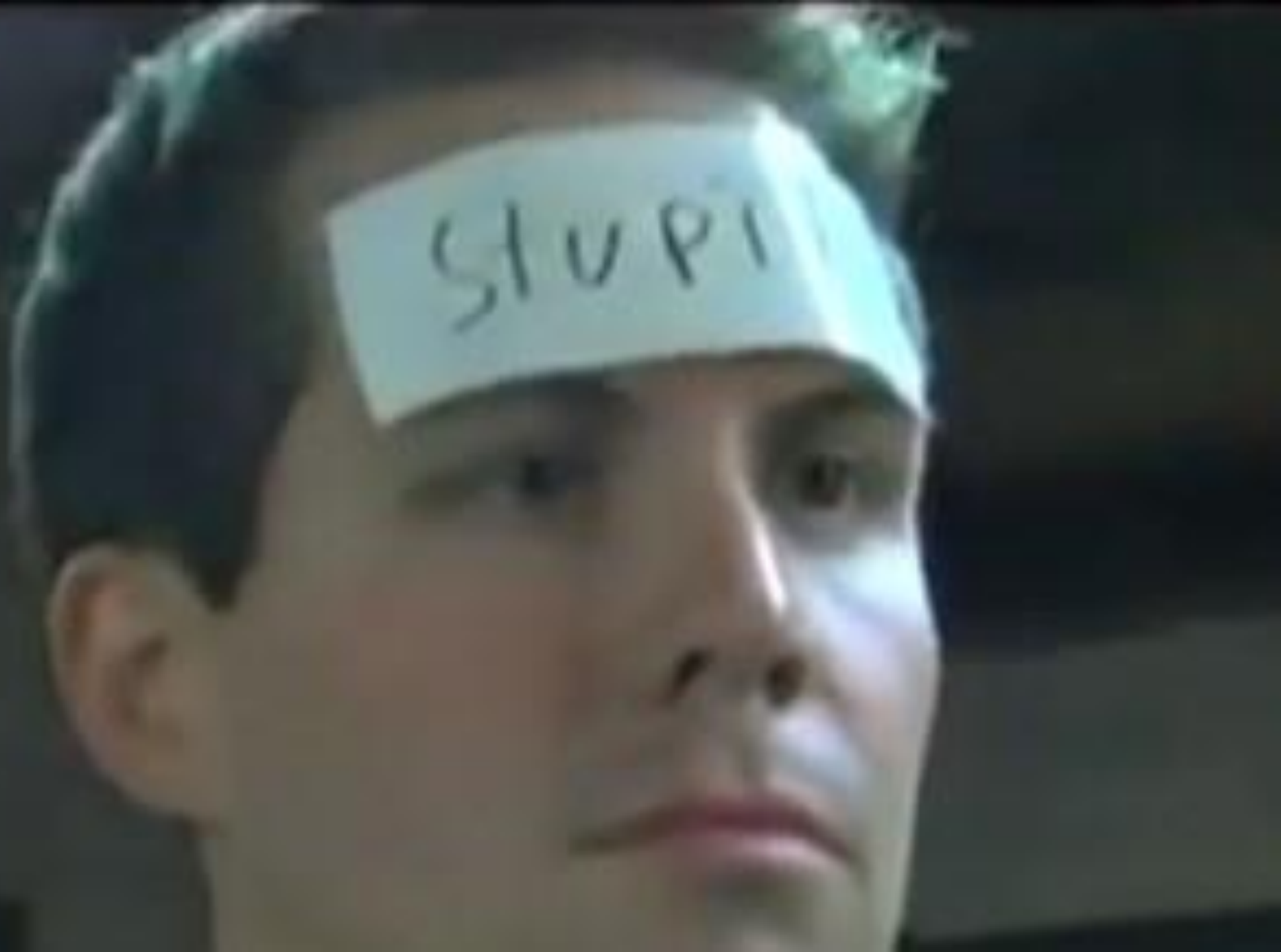


Label

LEARNING TO BREAK FROM SHAME
AND FEEL GOD'S LOVE

EDDIE CAPPARUCCI, LPC

**What are
“shame
labels”?**



Some “Favorite” Lies That People of Faith Can Fall For

- God can never accept or love anyone who struggles or repeatedly fails.
- God wants nothing to do with us until we are “good enough” (pure, perfect, faultless).
- God’s love is conditional. We can never be good enough for him to really love us.

Some “Favorite” Lies That People of Faith Can Fall For

- Others aren't struggling like I do. Everyone else is more acceptable to God, and therefore more loved.
- I need to keep my distance from God until I can measure up.
- God has abandoned me.

The Shame of Carrying Garbage

Chapter 3





if you don't have peace, it isn't
because someone took it from you;
you gave it away. You cannot always
control what happens **to** you, but
you can control what happens **in**
you.

— *John C. Maxwell* —

Hurts and wounds of
the past



Current shame about
our present responses
to them



Hurts and wounds of
the past



Current shame about
our present responses
to them



New shame adds:

- Depression
 - Fatigue
- Addictions
- Physical illness

A young man with short brown hair is shown in a dimly lit room. He is wearing a light-colored t-shirt with a dark pattern. He has his right hand pressed against his forehead, covering his eyes, suggesting a state of distress or shame. The background is dark and out of focus, with some vertical lines that could be window blinds or a wall texture. The overall mood is somber and reflective.

Example:

Todd developed a shame-filled soul.

He would spend hours re-living his abusive past and torturing himself for not fighting back.

He even questioned whether he was to blame for the abuse he received.



People like Todd often develop *coping mechanisms* that can provide temporary comfort in:

- Pornography,
- Excessive masturbation
- Drugs
- Alcohol
- Food
- Shopping
- Video games
- Endless television watching



On the other extreme from self-comfort, people can use *painful distractions* to help reduce or manage stress, at least temporarily:

- Cutting
- Hair pulling
- Skin-picking
- Other self-harm

Now the “garbage bag”
becomes packed with
even more guilt and
shame over the use of
unhealthy coping
mechanisms and
distractions



A man and a woman are shown in profile, facing each other in a close embrace. The man is on the left, with dark hair and a beard, wearing a dark suit jacket. The woman is on the right, with long, light-colored hair, wearing a dark top. They are both looking at each other with a serious expression. The background is dark, and the lighting is dramatic, highlighting their profiles.

Example:

Roderick's hidden garbage bag spilled out onto Nancy in his betrayal with pornography and his inability to emotionally bond with her.

Carrying garbage from the past serves no good purpose. It only serves to keep you weighted down as a victim.

It's time to drop the garbage bag – the shame label – and turn it over to God.

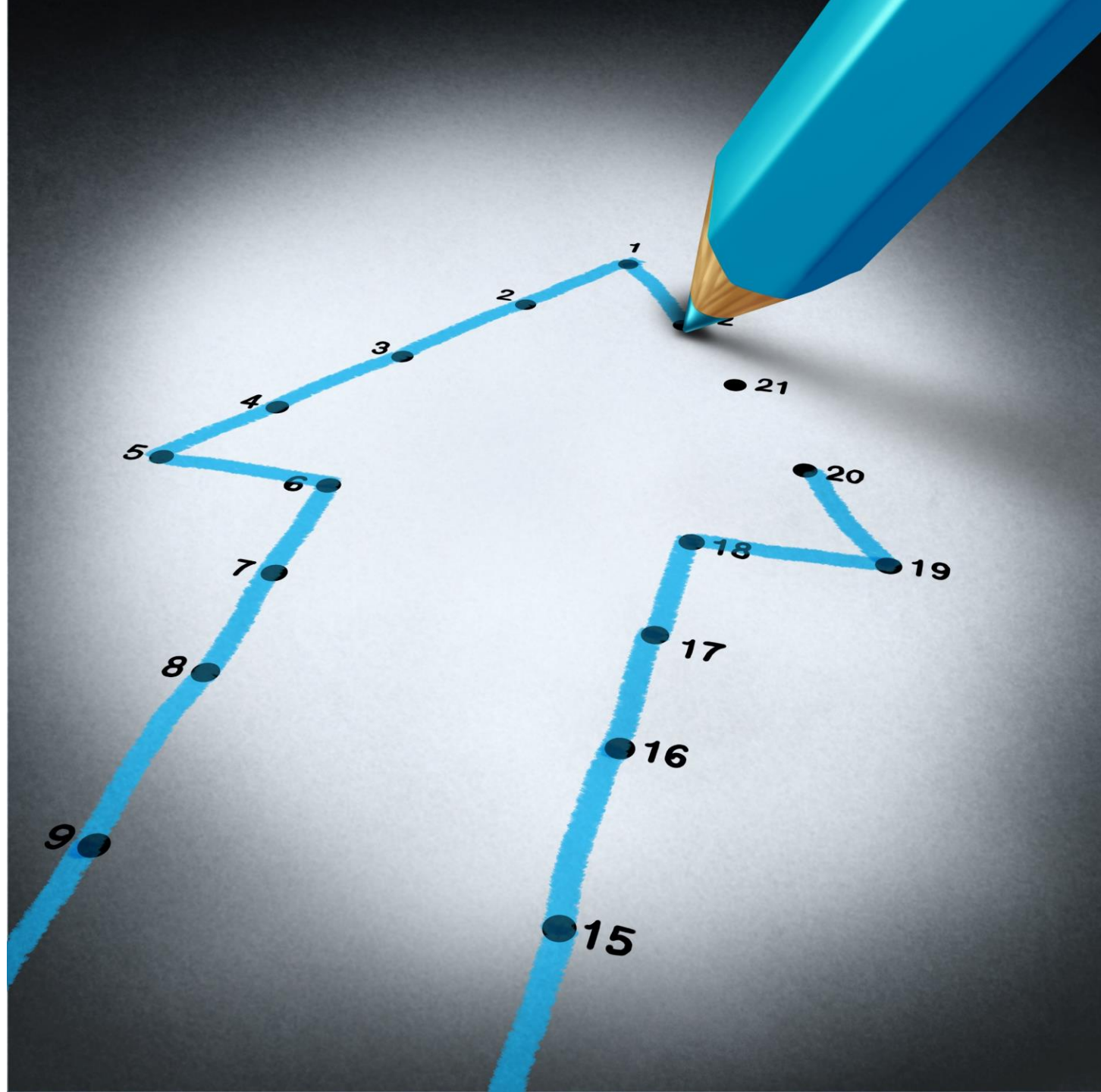
It's time to move on with life.



What's the Roadmap to Thinking, Feeling and Acting Differently?



Reflecting on Our Past: Connecting the Dots





Psychologist and author Albert Ellis, says **it is never the events themselves that distress us; instead, it is our perceptions of the events.**

In many cases, our self-perceptions are incorrect.

That, in turn, can lead to self-loathing and shame.

Making Peace with Your Past



H. Norman Wright



Removing Your Shame Label



- Writing a letter to the abuser.
- Journaling.

Discover your own personal pillars of self-worth



Put accountability
where it belongs

A close-up photograph of a hand with a finger pointing down at a row of white dice. The dice are arranged to spell out the phrase 'YOUR MY FAULT'. The first die has 'YOUR' on top and 'MY' on the bottom. The following five dice have 'F', 'A', 'U', 'L', and 'T' on top respectively. The dice are on a reflective surface, and the background is a soft-focus green.

YOUR
MY **F A U L T**

“God must hate me.”





Understand how God sees you

God tells us not to be afraid to show Him our shame because He already knows our shame.

What He wants is to help us remove it.

**Use your healing
experience to
uplift others**

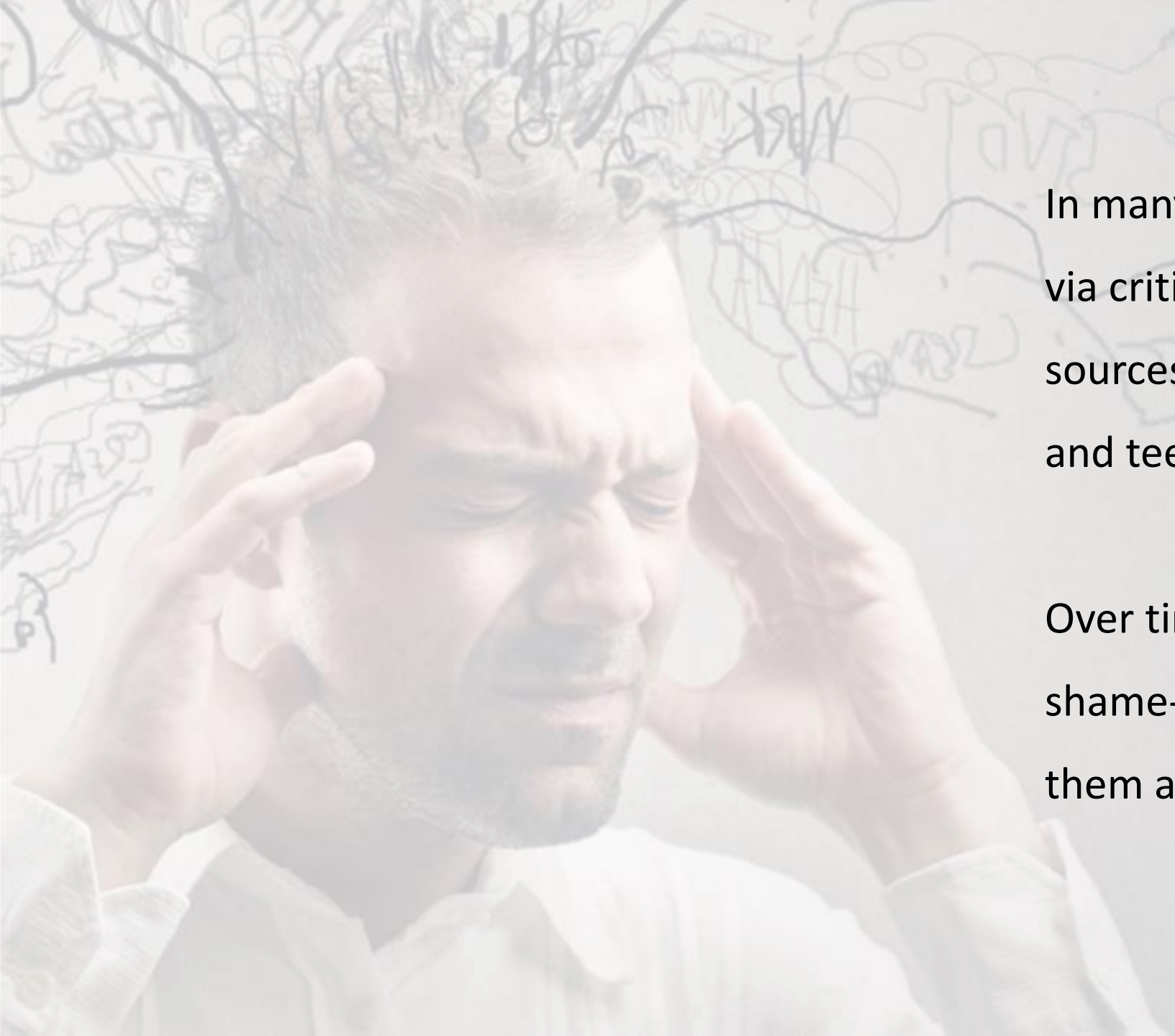
Joni Eareckson Tada





Chapter 6

The Shame of Contaminated Thoughts

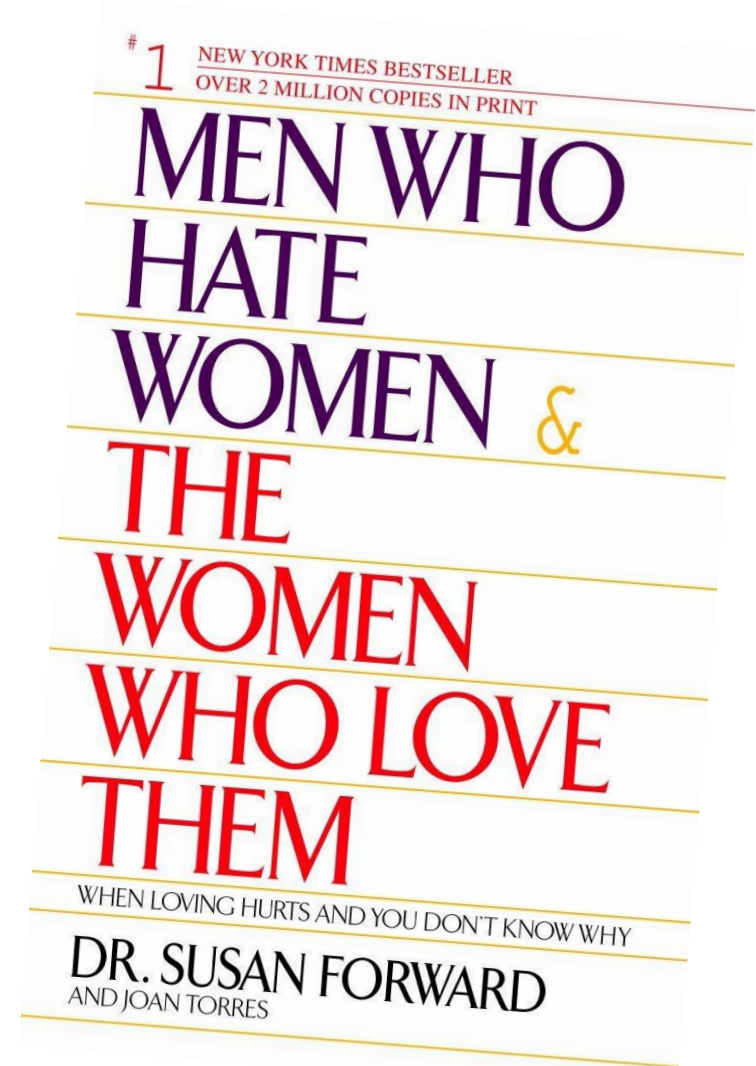


In many cases, our self-talk is developed via criticism received from external sources, especially when we were a child and teenager.

Over time, we come to believe these shame-inducing comments and accepted them as truth.

“We all tend to believe criticism more than we believe praise.

“One cruel statement can have much more impact than 20 positive ones.”



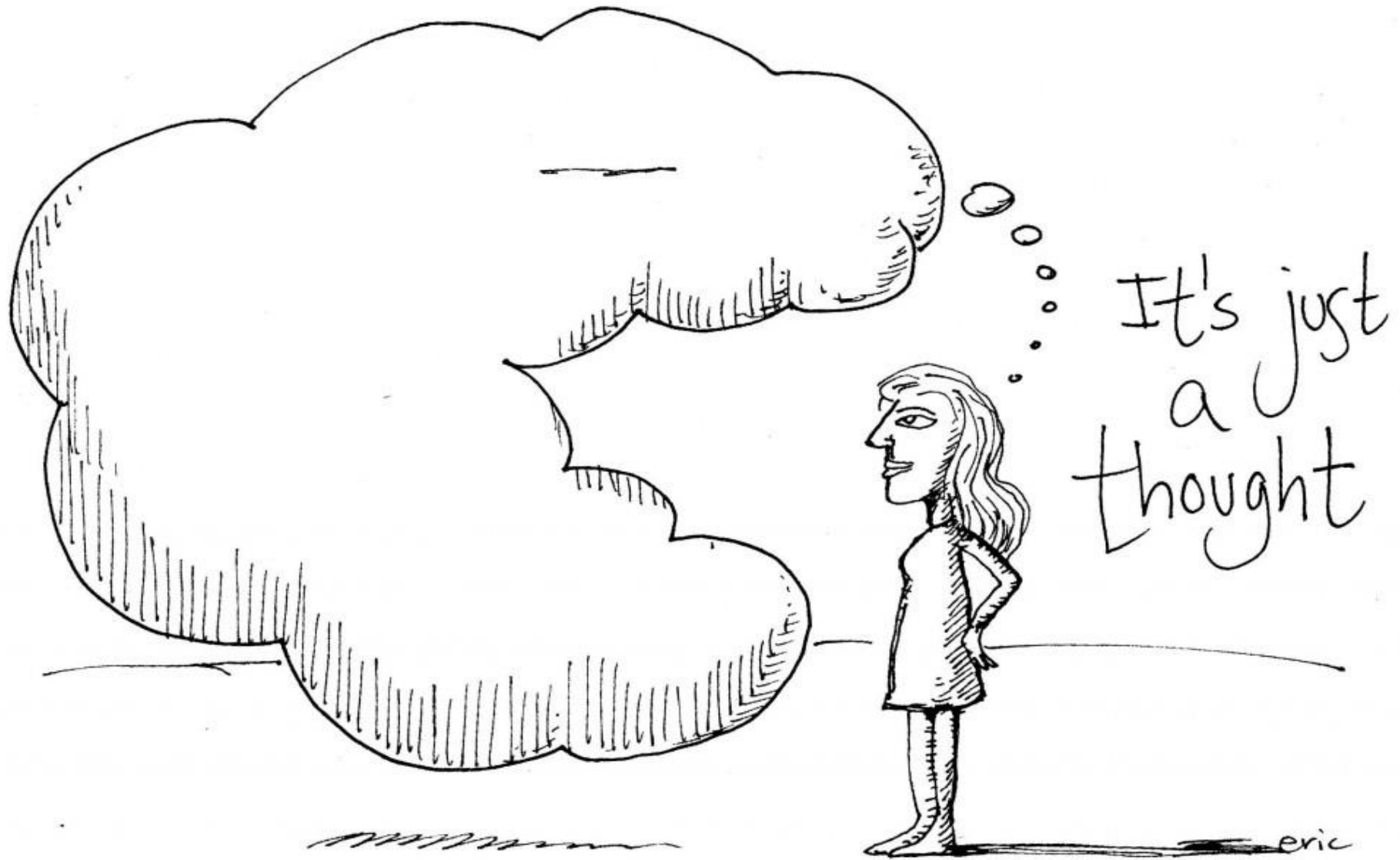
What's the Roadmap to Thinking, Feeling and Acting Differently?





First, begin noticing your contaminated thoughts.

Second, stop feeding them.



A thought has no power unless you give it power.


Actively work to change your
thought life and replace negative
thoughts with positive ones.



Change what you can, turn over to God
whatever you are unable to change on your own

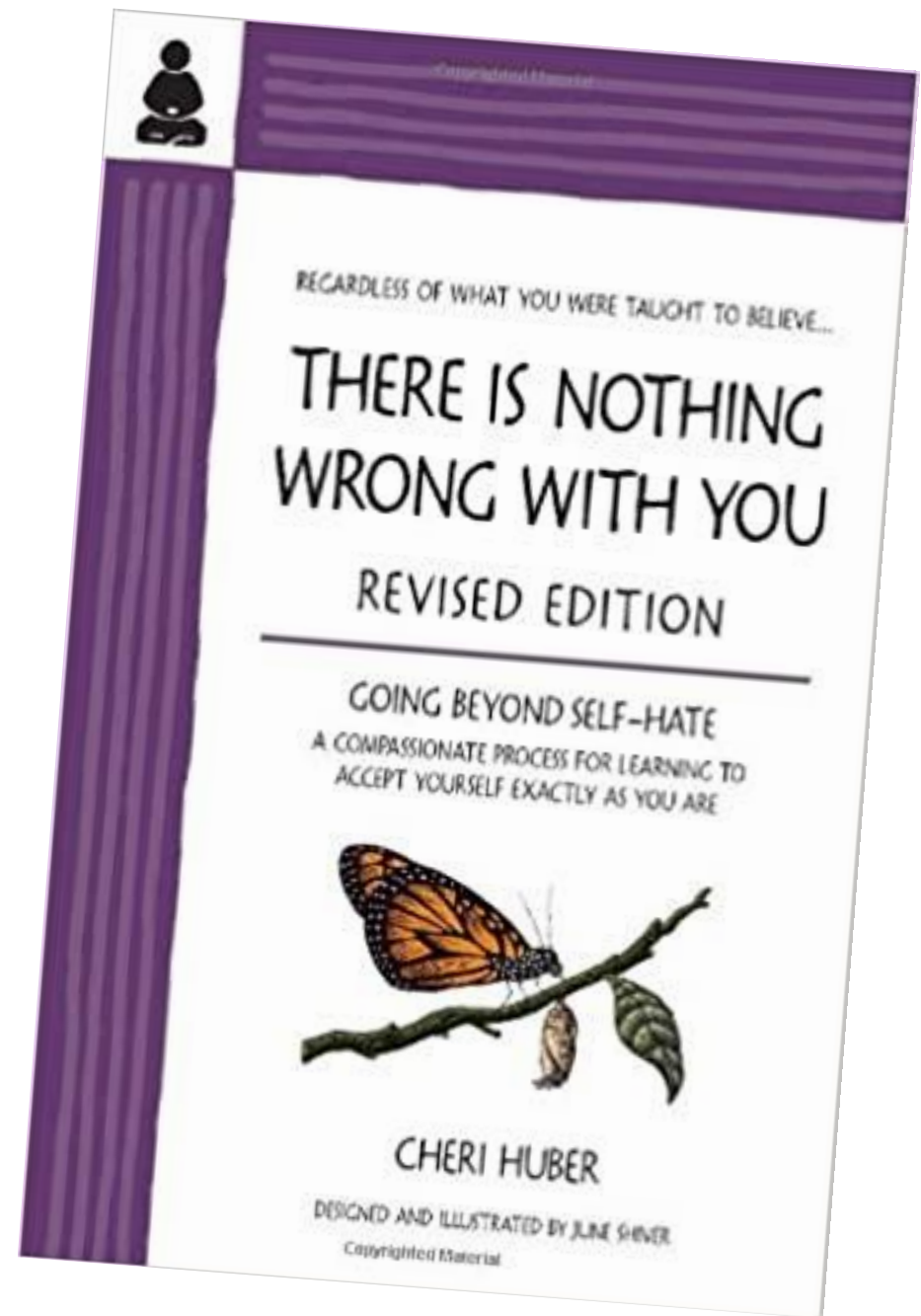


The Shame of Self-Loathing

A close-up, low-angle shot of a man's face, partially obscured by his hands. He is covering his eyes and forehead with his fingers, suggesting a state of despair, shame, or self-loathing. The lighting is dramatic, with strong highlights on his hands and the side of his face, while the rest is in deep shadow. The background is dark and indistinct.

Chapter 10

“If you had a person in your life treating you the way you treat yourself, you would have gotten rid of them a long time ago.”



As children, we don't have the thinking capacity to figure out that *the real problem is not us.*

We can't understand the real problem is *the neuroses of others*—those who are supposed to be caring for us, or heartless peers.



But as adults, we do have the capability of *processing* the negative thoughts we have about ourselves *and correcting them*.

We can take the question, “*What is wrong with me?*” and hold it up to the mirror of logic and reasoning.

As we do, we begin to understand that our beliefs that we are worthless, undesirable, and unlovable are *nothing more than lies!*



What's the Roadmap to Thinking, Feeling and Acting Differently?



Embrace Emotional Pain



Face and Work Through the Pain → Heal → Grow → Serve



We can spend our whole lives running from emotional pain from our pasts, using:

- Defense mechanisms
- Isolation
- Exhausting schedule of activities
- Addictions
- Anything to avoid identifying or engaging with the pain

The healthy approach is to accept and embrace our emotional pain.

We need to learn to be able to sit with it and endure it.

We learn that pain, while uncomfortable, will not kill us. We will live to see another day.

This does not mean we like the pain or welcome it, but that it is not bigger than us.



Forgiving Yourself

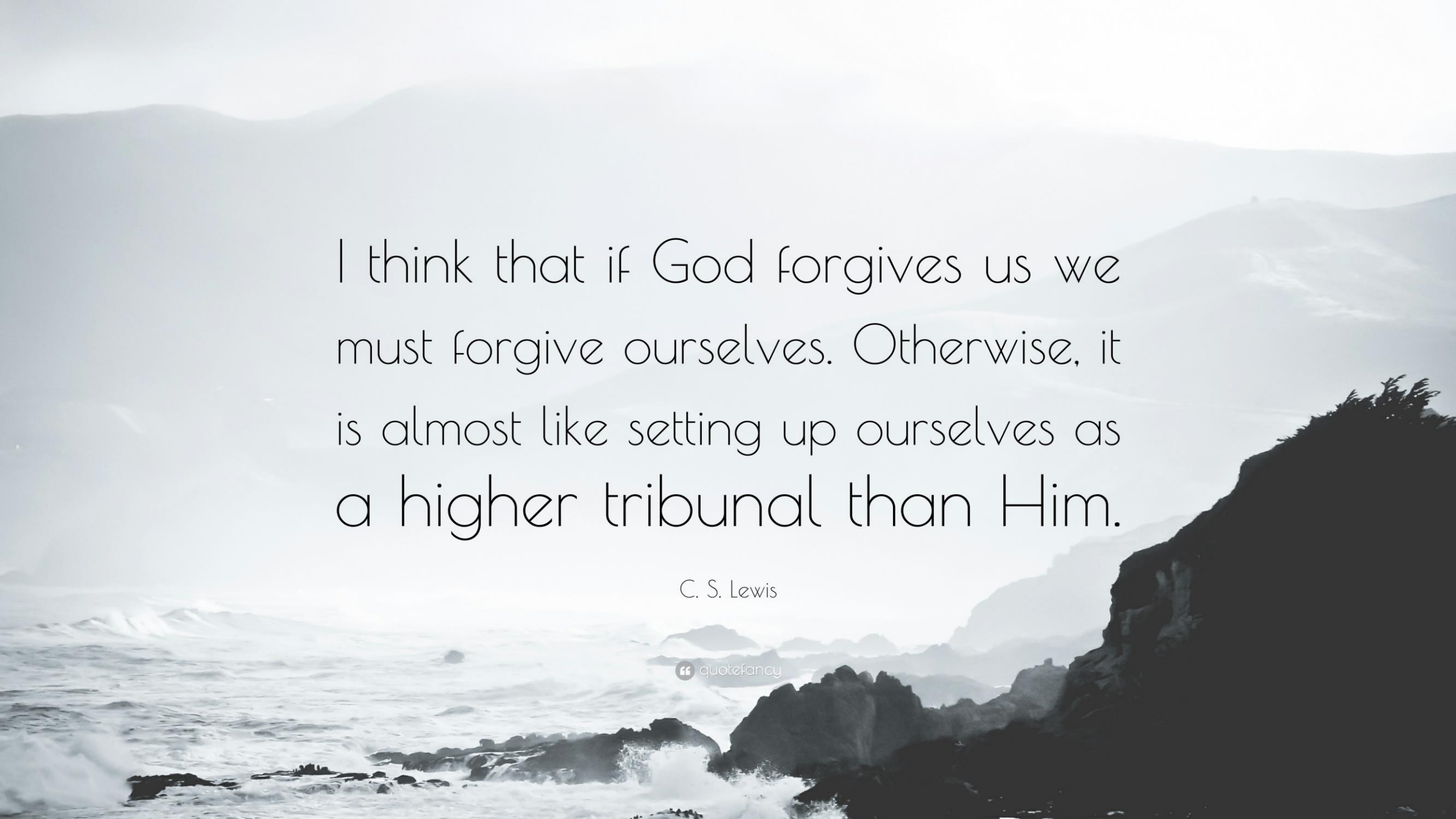
A close-up photograph of a person's hands clasped over their chest, symbolizing self-forgiveness or emotional healing. The person is wearing a light-colored, short-sleeved shirt. The hands are positioned in the center of the frame, with fingers interlaced. The background is softly blurred, focusing attention on the hands and the text.

How does a person begin the process of self-forgiveness?

First, understand that if you have repented, God has moved on.

He is focused on your present and future, not your past.





I think that if God forgives us we must forgive ourselves. Otherwise, it is almost like setting up ourselves as a higher tribunal than Him.

C. S. Lewis

“ quote fancy

Dear GOD,

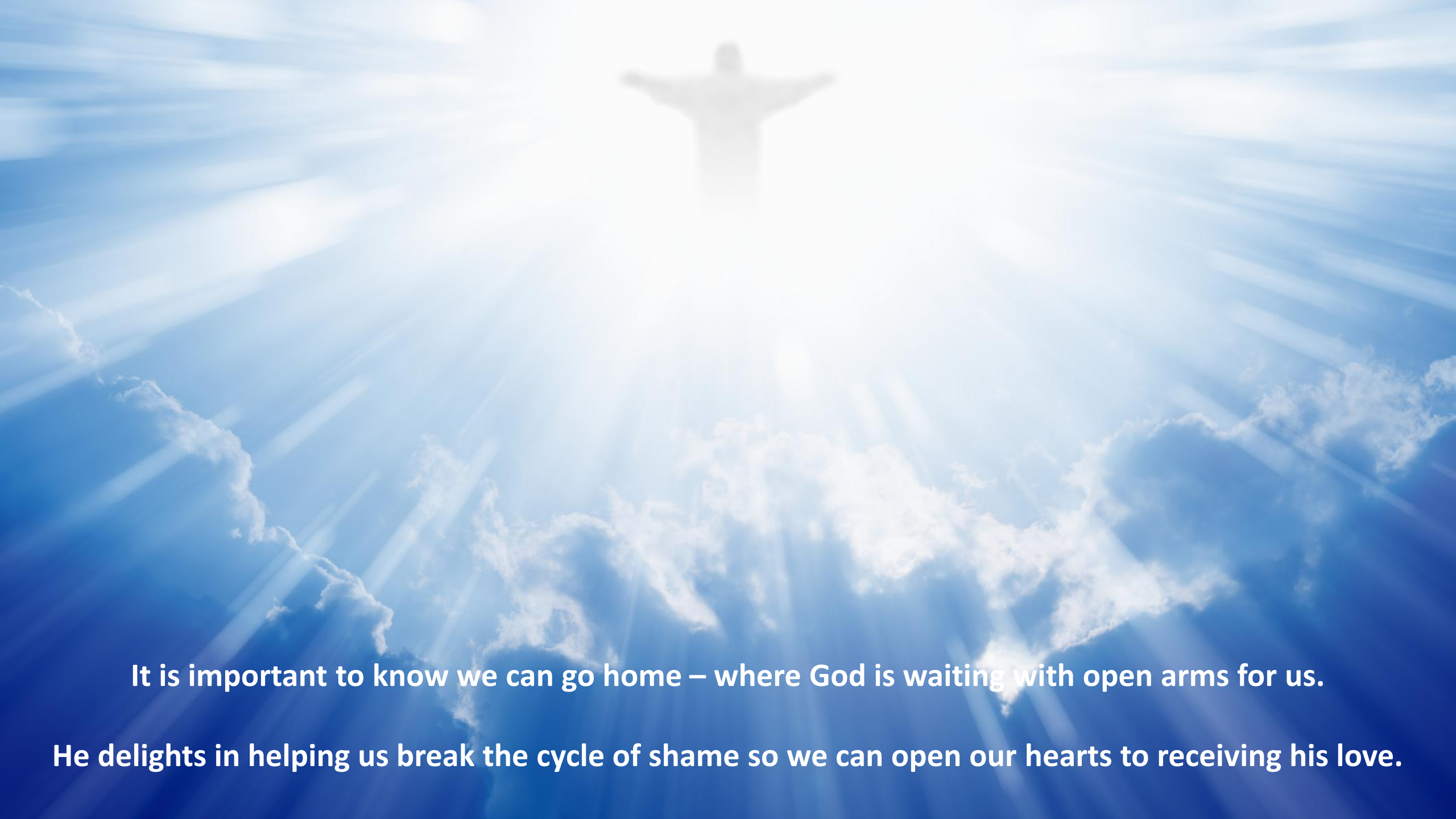
Tell Him about:

- Your emotional pain
- Your destructive thoughts and behaviors
- Your struggles to forgive yourself
- How you long to be accepted and loved



We become more self-forgiving
when we move the focus away
from ourselves and turn it
outward toward
others.





It is important to know we can go home – where God is waiting with open arms for us.

He delights in helping us break the cycle of shame so we can open our hearts to receiving his love.

Following up with Dr. Capparucci



Contact

Phone: [\(404\) 788-0002](tel:(404)788-0002) | Email: edcappa@gmail.com

Helping Families & Marriages Repair, Recover, and Thrive

Name *

Email *

Phone

Comment or Message