

HEADS

Of

SHAME

Maybe the **WORLD** you're looking for is in your back yard.

CONCEPT

People often see the earth as there's, like they have

ownership and it causes humans to take advantage of what is freely given

And our disregard and this entitlement that we feel for the earth is

causing a disconnect between humans and their environment, and

resulting in many negative consequences for the ecosystem as a whole.

IT'S GIVING
CORPORATE
GREED.

we are not the only animals on the planet

What's Missing?

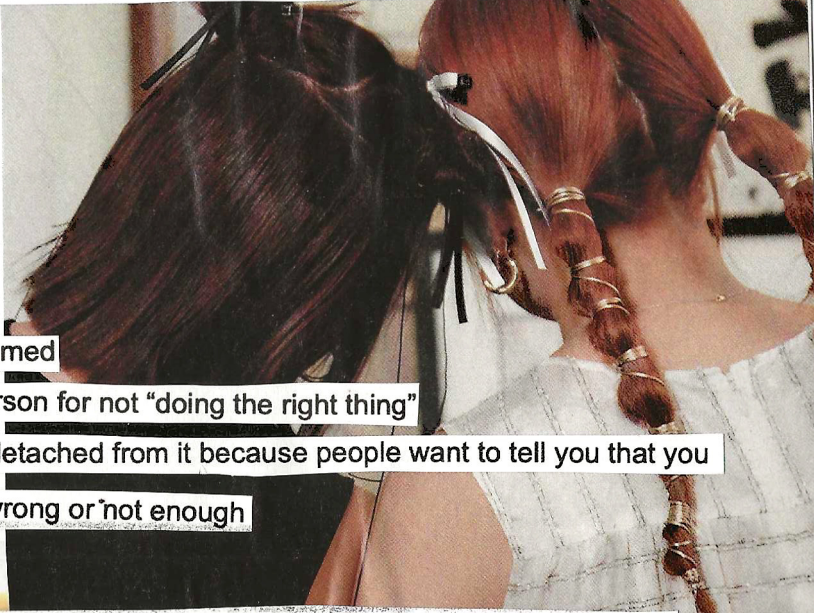
Humans have done a lot to destroy what has been given to us, but until
we forgive ourselves for what we have lost we aren't going to get much of

anywhere in the future

big part of how we see our own personal relationship with the environment

comes from shame

While one head of shame yields embarrassment, repression, avoidance, the other head of shame shows us that having that sting of guilt makes us change our habits and put our feelings into action



People are shamed online and in person for not "doing the right thing" You start to feel detached from it because people want to tell you that you are doing it wrong or not enough

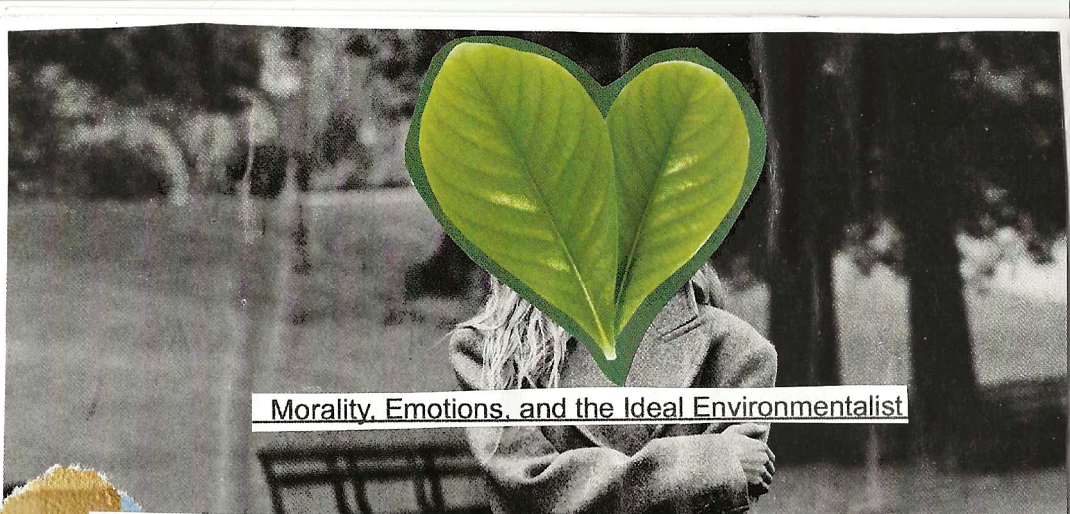
It becomes so detached that you don't see yourself as one in the same with the earth, as someone who shares the earth

but



The most natural thing to humans is trial and error

People are afraid to learn and take the time to make mistakes



Morality, Emotions, and the Ideal Environmentalist

This study tries to talk about the impact emotions have on how people see environmental protection

Political party was found to be the number one predictor of how people feel about the environment

The research for this article is from interviews that they took in the Washington state area because of its political polarization with in the state

They were asked on a scale of one to ten how much do they feel responsible for protecting the environment

34 left participants said 9 or higher

22 right participants said 7 or lower

In both side of the interviews, people said something along the lines of

"everyone wants

the same thing, everyone wants a clean world"

(Kennedy & Muzzerall, 2022)

So where is the disconnect, we all "want" the same thing, yet we are still so polarized about our policy and action towards it



In one study, 166 undergraduate students were asked to write about a time they felt ashamed by an event that was "self-caused" or "other-caused" and complete a rating of their emotions during that event. They found that when the event was "self-caused" that it was highly interrelated with guilt and shame, whereas when the event was "other-caused" it was not as interrelated (Schmader & Lickel, 2006).

Because of the nature of shame, as an emotion, when we feel like we are the cause root of an event it can be hard not to put a lot of pressure on ourselves.

I think it gets in the way of people wanting to participate, its causing a divide

for people who want to take some sort of action

in order to be able to move forward, we need

to see it as an "other-caused" event, not a "self-caused" event. Not for the purpose of saying "oh that's not my problem", but for the purpose of our own ideology around the issue, for our own mental health and to give ourselves room to find the space to work on it.

TIME TO

One example of shaming in a productive way can be seen in Flint

Michigan's water crisis.

In 2015, the citizens of Flint were trying to get national help because of the many accounts of brown water that eventually was found to be violating the Safe Water Drinking Act due to carcinogens found

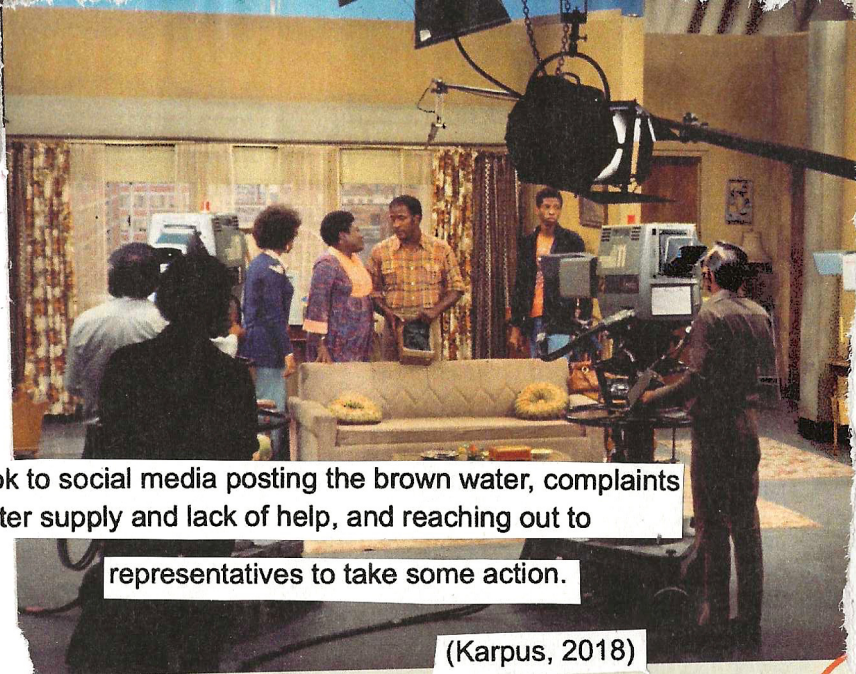
in it.

Flint is a predominately an African

American town with 40 percent of citizens living in poverty.

Even though they were recognized by President Obama, no action or media coverage was being taken to help them get access to

clean water due to systemic prejudices.



Citizens took to social media posting the brown water, complaints with the water supply and lack of help, and reaching out to

representatives to take some action.

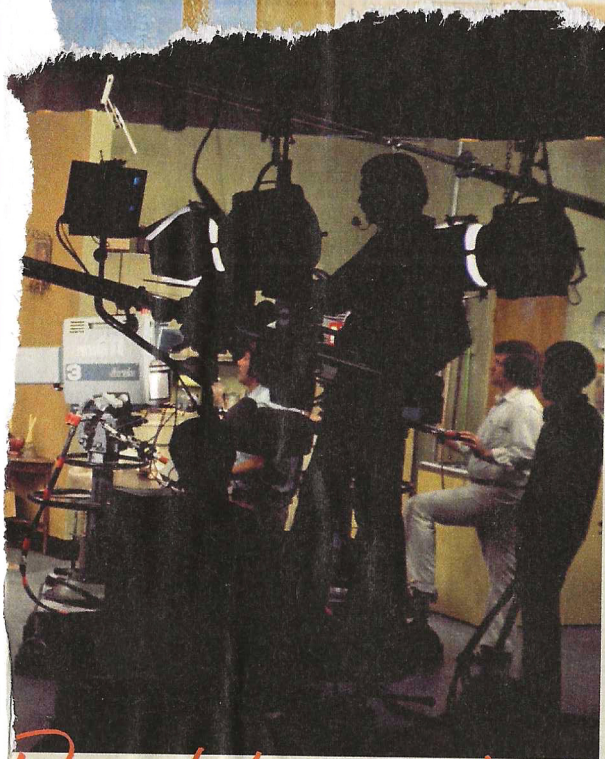
(Karpus, 2018)

HOW GOOD TIMES

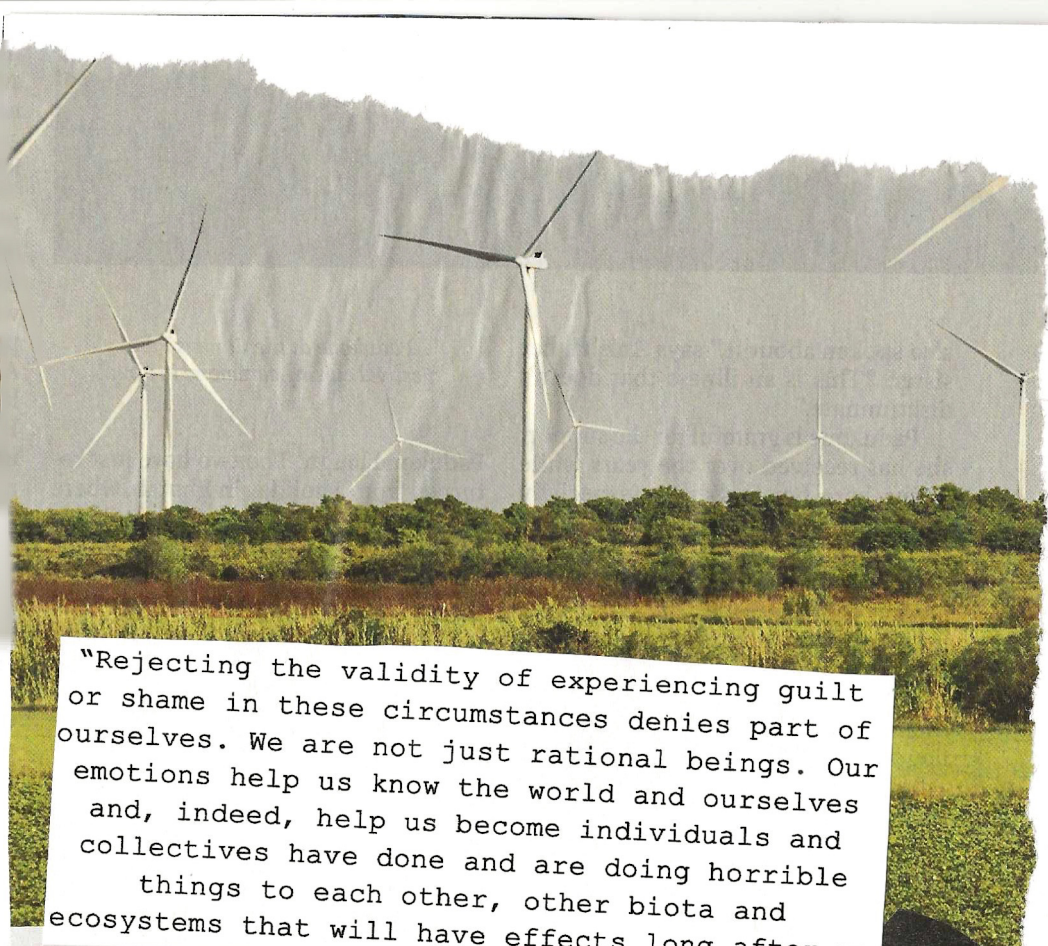
ACT



"Whether it was the year-long social media trend, the national media finally picking up the story, or an amalgamation of both that led to Flint's new found attention, as of February 2016, after three years of silence, corporations, celebrities, and average citizens have bestowed donations amassing to tens of million dollars" (Adams, 2016).

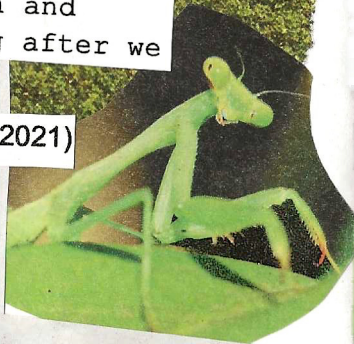
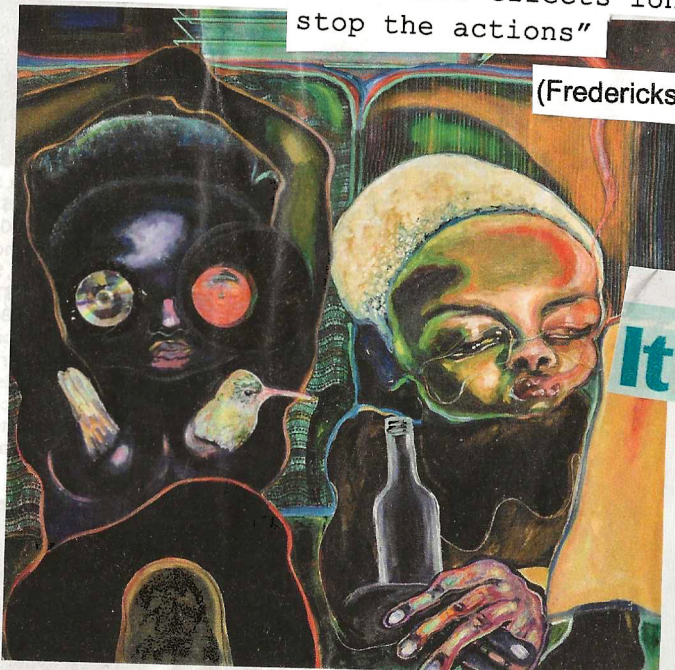


Revol *to* *nized* **TV**



"Rejecting the validity of experiencing guilt or shame in these circumstances denies part of ourselves. We are not just rational beings. Our emotions help us know the world and ourselves and, indeed, help us become individuals and collectives have done and are doing horrible things to each other, other biota and ecosystems that will have effects long after we stop the actions"

(Fredericks, 2021)



It's a miracle!



Brethren (2023) by Ndidi Emefiele