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1 Donald Nathanson, Shame and Pride: Affect, Sex, and the Birth of the Self (NY: W. W. Norton & Company, 1992), 29, 205. Affects come in three types of categories— two affects that are basically pleasant or positive, one that is neutral, and six others that are basically unpleasant or negative .

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Shame naturally has a
negative valence, but it

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helps to define the boundaries of positive pursuits in some cases. The definition of shame is a discrete, basic emotion, described as a moral or social emotion that drives people to hide or deny their wrongdoings. The focus of shame is on the self or the individual; it is the only emotion that is dysfunctional for the individual and functional

at ...

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writing of American
psychologist Sivan
Tomkins who first
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While fear is known to be
the dominant affect
associated with
posttraumatic stress
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presence and possible influence of other emotions is less well explored. Recent changes to diagnostic criteria have added anger, guilt and shame alongside fear as significant emotional states ...

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Sex, and the Birth of the Self This is the most readable and cogent explanation of shame to those of us born and bred with that heritage, not knowing it was not the norm for sense of self and relationships. Excellent! I read it in 1992 and am rereading it and sharing it with those who live with the taint of shame.

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