

Shame and Guilt, A Psychoanalytic and a Cultural Study

- Berhart Piers and Milton B. Singer, W.W. Norton: NY 1971

- 15 Guilt: remains ~~an~~ unconscious, although the concern about anxiety becomes conscious - generated by superego - internal authority necc.
Guilt = painful feeling internal tension generated when the emotionally highly charged barrier erected by superego is touched or transgressed - transgressors = id impulses - sexual impulses, esp. related to incestuous drives

Punishment is irrational (at least ~~from~~ unconc. threat) is less rational: annihilation or mutilation of the offending organ as carrier of taboored impulse > castration anxiety

no superego w/o introjection of punitive parent image

- 18 Shame: not a symptom, effect, or character trait, but pace Freud Scham

= tension in the superego - rel. to sexuality + exhibitionism

[Semantic issue of German: pudenda, etc.]

~ inferiority feelings

- 24 - originates in tension bet. ego + ego ideal (not ego + superego)
- shortcoming rather than transgression - failure to reach goal set by ego ideal - noncommission
- unconsc. threat in shame is abandonment, not castration

- 24 ego ideal: 1. contains core of narcissistic omnipotence -

2. = sum of preingressive identifications w/ parental images - reassurance + love + ambitions

27 3. contains later identifications, though weaker, from culture

24 4. contains cons. + unconsc. "awareness of the ego's potentialities"

28 "mastery principle" (Bernickel), "maturation drive"
"self-realization"

"Shame then occurs whenever goals + images presented by the ego ideal are not reached" - behind it is not fear of hatred by fear of contempt + on deeper level, abandonment, the

29 death by emotional starvation"

Higher levels, fear of ostracism, social rejection - God's eye which, all seeing, reveals all the shortcomings of mankind

31-33 Guilt-Shame cycles: sexual impulse → guilt → inhibition and/or repression → shame → sexual acting-out → guilt