
ABSTRACT

Feeling shame or guilt for emotion

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This paper reports on the process of psychotherapy of a woman who feels shame or guilt for emotion, and has difficulty in expressing and identifying emotion. It is important to talk about emotion in psychotherapy, but it is also difficult for clients. At the beginning of psychotherapy the client with a smile hid her emotion from therapist, and she denied the interpretation of the therapist about her emotion and repeatedly cancelled. In the background there is a fantasy of relationships in which the therapist feels her emotion as a burden and abandons her, if she expresses her real emotion. Through talking about the shame or guilt for emotion, the client begins to express her true emotions. In psychoanalytic psychotherapy, it is emphasized to be conscious of emotion that was repressed and live with emotions in the relationship. However, in this report, it is showed that it is also important to deal with the shame or guilt for emotion as well as emotion itself.

Key Words: shame, guilt, emotion about emotion
