

# Lesson 7

## Feelings: SHAME

### Activity 1

According to emitation.com's top 5 "most shameful" celebrity moments of 2006, and CircleofShame.com's posting from this past year, the following were deemed particularly shameful. Do you agree? Why or why not?

- Britney Spears is photographed on two distinct occasions in skimpy dresses with no underwear, giving the paparazzi and the public "an eyeful."
- New York Governor Eliot Spitzer is caught visiting a prostitute.
- Kevin Federline's (or "KFed") attempt to establish himself as a rap artist.
- Paris Hilton is exposed in a sex-tape scandal, with the footage leaked all over the internet.
- Paul Byrd, the starting pitcher for the Boston Red Sox, is accused of spending upwards of \$20,000 HGH (human growth hormone) from 2002-2005.
- Mel Gibson, Lindsey Lohan, and Nicole Richie all receive DUI's and have their prison photo displayed in popular magazines and tabloids everywhere.
- A married Ryan Phillippe cheats on wife Reese Witherspoon with his "B-list" co-star, ending his seven year relationship.
- Olympic gold medalist Michael Phelps is photographed smoking marijuana out of a bong, an incident he describes as "regrettable."
- Mylie Cyrus pole dances at the Teen Choice Awards.

**Break into groups of five and then discuss:**

1. Whether you thought the persons above were ashamed?
2. Should have been ashamed?
3. And if it had been you, would you have felt shame?
4. Can you think of an example in which a shameful activity was glorified?
5. Which of these examples do you imagine would be the most shameful if you were the one involved?
6. How would you imagine guilt and embarrassment are present for these individuals? Which ones do you think feel guilty and/or embarrassed?
7. If embarrassment is a factor, who do you think these individuals were embarrassed or shamed in front of? In other words, who was the audience?
8. In thinking about these examples, can you identify a difference in the things women versus men are ashamed of? What are the differences a result of?

