

SHAMING: THE OVERLOOKED TRAUMA THAT PERVADES DAILY LIFE

羞辱創傷： 最日常，卻最椎心的痛楚

* Over 20,000 copies sold

The latest book from bestselling self-help author Chou Mu-Tzu explores the origins, consequences and healing of the wound of shame, a form of psychological wounding that is prevalent throughout Asian cultures.

“If you can’t deal with pressure, how are you going to keep up with the competition?” “If you could just toughen up, you wouldn’t be so sensitive about everything.” Comments like these appear commonplace, but they carry an underlying message of criticism, disdain, and shame that can profoundly affect the recipient. Prolonged exposure to this type of shaming can lead to the internalization of a negative self-image, causing us to lose our ability to approach the world with an open heart. This state of self-negation and emotional turmoil is referred to as the “wound of shame”.

Author and psychologist Chou Mu-Tzu has observed that this wound is perpetuated from one generation to the next in Asian culture. Those who are wounded in this way often resort to shaming, belittling, or devaluing others as a means to control them, at the same time attempting to mask their own pain and establish a false sense of superiority.

Shaming is an in-depth study of this phenomenon. It begins by analyzing the wound itself and the conditions that contribute to its



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formation. The author explains how those who carry this wound often suffered from physical or emotional abuse, or were frequently shamed for their appearance, personality, or performance in childhood. The psychological processes behind the wound are explored with case studies to provide easy-to-follow examples. The book then delves into the consequences of this wound, such as the loss of a positive sense of self, the development of negative worldviews, and difficulties in maintaining secure relationships. Finally, the book offers practical solutions, outlining a six-stage process for healing the wound of shame. This process focuses on helping readers to develop the enhanced self-awareness and self-acceptance they will need on their healing journey.

With this book, psychologist and best-selling self-help author Chou Mu-Tzu endeavors to break the cycle of shame that persists in Asian cultures. With its balanced presentation of theory, case studies, and practical exercises, the book empowers readers to recognize their own struggles with shame, and undertake the journey of healing their wounded sense of self.

Chou Mu-Tzu 周慕姿

Chou Mu-Tzu holds a master's degree in psychology and counseling from National Taipei University of Education. She has worked as a psychologist and school counselor, and is a frequent guest on TV shows where she discusses issues of mental health. She currently runs the Sincere Counseling Center, and is the lead vocalist of the folk-gothic metal band Crescent Lament. Her first book *Emotional Blackmail* sold over seventy-thousand copies in its first six months of release. The book sparked a discussion in the media about the concept of emotional blackmail, and has been translated into Korean, Thai, Vietnamese, and Indonesian.