

Shameless

Shame is pointless.
Shame is worthless.
Shame is useless.
Shame is meaningless.

Shame is an immobilizing
poison that serves no purpose
other than to make you feel bad
over something you may not
even have done yourself.

Shame is a defense.
Shame is an excuse.
Shame is standing there feeling
bad for yourself when you could
be doing something about it.

Shame is not guilt.
Guilt is not shame.

Anyone can feel ashamed of
what they've done. But how
many of them honestly feel
guilty over it?

Guilt gnaws away at you.
It stabs at you.
It sinks its claws into your
brain and refuses to let go
until you have gotten up and
done something to fix the
situation.

Shame is not guilt.
Shame can be ignored.
Guilt cannot.

Shame can linger for a short
time but it can also fade away
just as quickly as it came.

If you've done something to me then
I don't want you to stand there being
ashamed of yourself. I want you to
feel guilty.

Those who feel truly, deeply guilty
are compelled to do something.
Those who feel shame stand
there waiting for the world
to change around them.

Standing there in shame over
the sins others have committed
is pointless.

If you really felt that bad you
would get up and do something
to fix it. And if you couldn't fix it
then at least you would have the
satisfaction of knowing you did more
then just stand there watching it happen.

I don't want to feel shame.
I want to feel guilt.
I don't want to stand there feeling
sorry for myself while
after something bad happens.

I want to be the one who stands
up and stops it from happening
at all. And if I couldn't stop it.
If I couldn't help them then at
least I know I tried my best.

At least I know I didn't leave
them to suffer alone thinking
that no one else noticed or cared.

You may have felt ashamed when
you saw what they said but do you
feel guilty?

Do you even remember it at all?