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Zitat des Tages: Philippe Rochat

"Both shame and guilt are oriented toward how others perceive us, how others might form negative impressions and judgments that could lead to rejection and ostracism. However, at a psychological level, shame and guilt are associated with different mental constructs regarding what causes the ill feeling, the actual locus of control of such feelings. In guilt, the locus is the self. Ills and wrongs are perceived and represented as being caused by and originating from within. In shame, the causes are construed as entering from 'without', outside the individual. Typically, we experience shame as 'befalling' us. It is inflicted by a situation we are placed in, not because we committed a specific act causing the situation" (In: Others in Mind. Social Origins of Self-Consciousness. Cambridge University Press, 2009, S. 125).

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