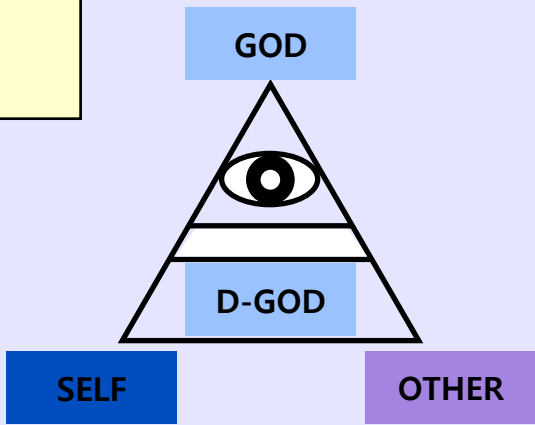
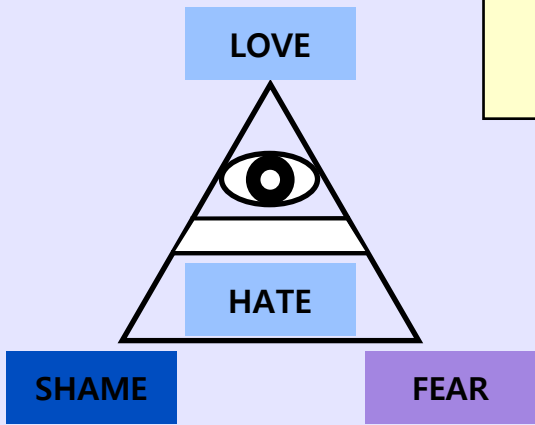


# What Fear and Shame Want



**Shame**  
**(within the self)**

**Fear**  
**(within the other)**

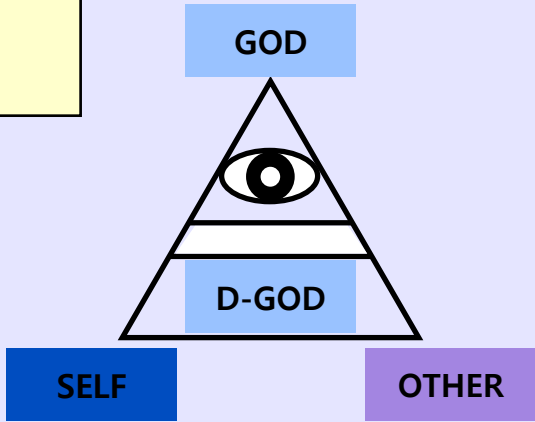
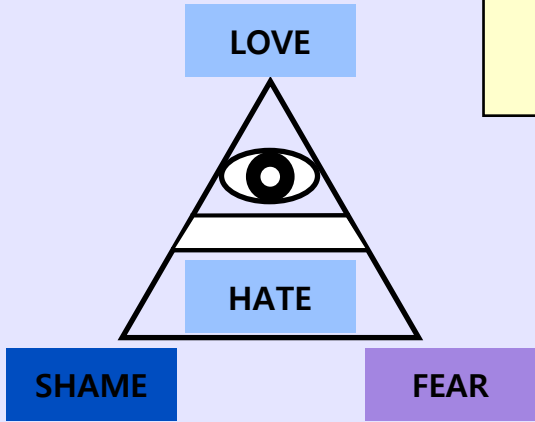
- 1) I want to be seen.
- 2) I want to be accepted.
- 3) I want to become a part of you.

- 1) I want to be seen.
- 2) I want to be left alone.
- 3) I want to remain separate.

**How to love shame within?**  
Accept it + Identify with it

**How to love fear of the other?**  
Accept it + Let it be

# What Fear and Shame Want



**Shame  
(within the other)**

**Fear  
(within the self)**

- 1) I want to be seen.
- 2) I want to be left alone.
- 3) I'm scared.

- 1) I want to be seen.
- 2) I want you to step into me.
- 3) Don't think about me.

**How to love shame of the other?**  
Silent respect

**How to love fear within the self?**  
Step into me without hesitation