Shame-Based Families, Grace-Based Families

The messages of a shame-based family:
“Don’t talk, don’t trust, don’t feel.”
“Everybody has to put their needs aside so we can tiptoe around _____ and not make them mad.”
“Why did you do that, you dumb b*tt?”
“If you disappoint me this much, how much more are you disappointing God?”
“Oh please, you’re not wearing that, are you?”
“Loser . . . stupid . . . such an embarrassment . . . I hope nobody knows you’re my daughter . . . You’ll never amount to anything . . . I wish I’d never had you . . . You’re so fat. And ugly.”

Every message of a shame-based family is an arrow into someone’s heart. Left there unacknowledged and not pulled out with truth, it starts generating lies and pain that can last a lifetime.

Lots of people grew up in this kind of family, but we are not sentenced to repeating it into the next generation. We can put on the brakes and steer our families in another direction altogether-the direction of grace.



Grace-based families also have messages:
“You are loved and valued, no matter what you do.”
“When we disagree, you never have to worry that I will stop loving you.”
“I was wrong and I am sorry. Will you forgive me?”
“Did you do your best? You’re the only one who can know.”

“Let’s talk about why you did that. What other choices did you have? What can you learn from this?”
“Can you help me understand what happened, what you were thinking or saying when you ____?”

The underlying message of a shame-based family is, “You are not acceptable and you risk being rejected and abandoned.” The underlying message of a grace-based family is, “You are an important and cherished part of this family and you will always be loved and accepted, even if we need to discipline you for wrong choices.”

Shame-based families shame out loud through name-calling, deadly comparisons (“Why can’t you be like ____?”), and anything that indicates the person is not good enough. Grace-based families affirm out loud with uplifting expressions of belief in each other, appreciation for each other, and affectionate use of each other’s names. Each person feels that their name is safe in everyone else’s mouths—but most especially mom and dad’s.

The focus of shame-based families is on performance, looking good and being good on the outside. It’s all external. Not embarrassing the family is huge. The focus of grace-based families is on the heart, remembering that character is shaped and developed in the family. The child’s value—which never changes—is separated from his or her behavior, which is eminently changeable. These families remember that God is not real pleased with our choices sometimes, but He never stops loving us.

Shame-based families specialize in unspoken rules and expectations. They are discovered when one gets broken. Often, one of the unspoken rules is that no one is supposed to notice or mention problems; if you bring a problem into the light by asking, “Hey, what about this?”—YOU become the problem. When one of my friends told her parents that her brother had been molesting her, her father threatened, “Don’t you ever talk

about this again. It is over." When the abuse continued and she told her youth pastor, her father responded that his daughter was mentally ill, a pathological liar, and not to believe her.

There is often a "can't-win" rule in effect: children are taught never to lie, but they are also not allowed to tell Grandma her cooking tastes awful. Or children are taught that smoking is bad, but if they point out that mom or dad smoke, they are shamed and shut down.

In grace-based families, rules and expectations are clearly spelled out. If an unspoken rule comes to light because someone broke it, it gets talked about without shaming the one who broke a rule they didn't know was in place. If someone notices or mentions a problem, the problem is addressed instead of attacking the one who brought it up. In grace-based families, the *problem* is the problem, rather than the person who identified it.

Shame-based families often use coded messages to communicate, saying one thing while intending that their audience read their minds and respond to the actual message they wanted to give without coming right out and speaking it. Someone might say, "I have such a headache" and the second person replies, "That's too bad" or "Sorry" and then continues to do whatever they were doing. The first gets upset that the other person didn't offer to get them a pain reliever. The one with the headache used to be me, until a wise mentor responded with, "Would you like an Advil? Healthy people ask for what they need and want. Just ask me if I have one." Whoa. That was a game-changer for me!

The communication in grace-based families tends to be clear and straight. It's about saying what is true and what is actually meant. Scripture calls that "speaking the truth in love" (Ephesians 4:15). And healthy communication does not involve an unnecessary third person, a term called

“triangulating.” If someone complains about another person, or gives a message for another family member, a wise person redirects them to the one they actually need to communicate with, refusing to be the third person in a two-person communication. Another wise person has said, “If you don’t have a dog in that fight, stay out of it.” That works!

Shame-based families are preoccupied with fault or blame. They are always looking for where to place or shift the blame when something goes wrong. Then the culprit can be shamed, humiliated, and made to feel so bad they don’t do it again.

In grace-based families, the emphasis is on responsibility and accountability. People are responsible for their choices and held accountable for their behavior. Grace-based parents try to remember that all of life is training for a child, and it takes many, many times to learn wise and healthy behavior. So while a child may be disciplined, they are not punished for not getting something right. Instead of being shamed for slamming the door, they may be instructed, “OK, I guess you need practice in closing the door without slamming it. So you’ll be practicing 25 times in a row, starting right now.” Another way that grace-based families can build responsibility and accountability is by using natural consequences without anger: “Since you left your bicycle in the driveway again, you will lose the privilege of enjoying it for a week.” And sometimes, discipline without punishment means talking about what happened without shaming, by asking good questions: “So what can you learn from this?” “What can you do differently next time?”

Family is meant to be God’s safety net underneath is, the safe place to fall when we make mistakes and learn painful life lessons. By His grace and through being intentional, shame-based families can become grace-based families as we reflect on how God, the perfect Parent, loves us perfectly and unconditionally-yet teaches us to be responsible as we grow up to maturity.

Note: the grace-based family in the picture are my friends Rick and Abbie Smith with their sons Noah and Jaxten. If you want a blessing, check out their story of grace at noahsdad.com/story.

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The 3 As: Attention, Affection and Affirmation

Wise people have observed that we all have legitimate, God-given needs for "the 3 As": attention, affection and affirmation. God intends for children to receive them from their parents first, laying a foundation of a healthy sense of self, then from their peers.

The Attention need is met by being there, listening, watching, engaging and interacting. Ever hear the famous line, "Daddy, watch me!"? One wise father told another whose daughter kept clamoring for him to look at her as she played in the back yard, "If you don't watch her now, soon she'll look for another guy to give her the attention she wants from YOU."

The Affection need is met both physically and verbally. We all need hugs and safe touch. And most boys need the rough-housing kind of physical affection from their dads that says, "You belong in the world of males." We need to hear the verbal affection of "I love you," terms of endearment, and other forms of communicating love.

The Affirmation need is met by validating people's feelings,

efforts, skills and gifting. Noticing and commenting when they do things right—or even try. It communicates, "I am for you" and "I believe in you."

Jesus received the Three As at His baptism. His Father and the Spirit showed up [attention], and the Father pronounced, "This is My beloved Son [affection] in whom I am well pleased [affirmation]" (Matthew 3:17).

Much unhealthy, dysfunctional behavior is driven by trying to get these three needs met, usually without realizing what is driving us. Unfortunately, it's getting harder than ever to get these needs met because of two things proliferating in our culture.

First, families seem to be growing more fractured and more dysfunctional than ever before. Fatherlessness is at epidemic stage. The National Fatherhood Initiative cites the U.S. Census Bureau's statistic that one out of three American children live in homes without their biological father.{1} Parents in the home are often stressed, overwhelmed, and so self-focused, whether on selfishness or mere survival, that many children feel like they are on their own. Plus, the people God intends to fill their children's emotional tanks with attention, affection and affirmation—parents—are often scrambling to try to get their OWN tanks filled. So there is a sense of disconnection at home.

Second, smartphone technology has moved into the hands—and heads—of the majority of Americans. Over half of adults own smartphones, and a recent report from the Pew Research Center revealed that 78% of young people ages 12-17 now have cell phones, and nearly half of those are smartphones.{2} That means continual connection to the internet. That means billions of text messages daily, which have virtually replaced phone calls for many people, especially youth.{3} The camera on most people's cell phone means that many people view life's experiences, from wedding processions to grade school concerts

to street fights, through a 3-to-4-inch screen held away from the body.

In short, we're doing life through a screen.

And that screen is an additional layer of disconnection between people. Technology has created a superficial degree of counterfeit connection, and relationships are suffering. People think they're connected to other people through their phones, but in reality they're connected to their phones and a counterfeit kind of "life."

God knew what He was doing when He stressed the importance of staying in connection, continually engaging with each other: I count 41 "one anothers" in scripture.{4} He knew what He was doing when He instructed believers to make sure and keep meeting together to encourage one another (Heb. 10:24).

God put needs for the Three A's inside us, and He intends for us to meet them through connection to other people. Please, hug somebody. Tell them they're important and valuable. Be there for them.

And you might want to put down your phone.

Notes

1. www.fatherhood.org/media/consequences-of-father-absence-statistics Accessed 09/10/13.
2. www.pewinternet.org/Media-Mentions/2013/More-youth-use-smartphones-as-route-to-Web.aspx Accessed 09/10/13.
3. www.businessinsider.com/chart-of-the-day-number-of-texts-sent-2013-3 Accessed 09/10/13.
4. www.mecf.net/one_anothers.html Accessed 09/10/13.

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Swords of Blessing

This Father's Day weekend, my to-do list included personalizing almost three dozen wooden swords. A dear friend has a wonderful boys' summer camp called "Warrior Week" where men sow love and truth (along with a fair share of messy fun) into the souls of boys. I am privileged to use my calligraphy experience to letter each boy's name and a prayed-over character trait that is a blessing for each boy concluding his last year of Warrior Week. So I lettered blessings like "Justin the Magnanimous" and "David the Faithful" and "Cooper the Strong," under which was lettered "Dangerous for Good."



The camp leaders asked each boy's father to write a letter affirming his son, in his own handwriting, and walked them through what to say. Affirmation is a mystery for many dads, who never received it from their own fathers. "You can say whatever encouraging words you'd like to in your letter," the dads were told, "but we would like for you to at least include these four points:

1. I love you.
2. I am pleased with you.
3. I am for you/in your corner no matter what.

4. God has a plan for your life."

Wow. This is powerful stuff! I rejoice in the power of a father's words of affirmation because I have seen firsthand what a difference it makes in the lives of our sons. For all our gifts and strengths, women cannot imprint masculinity on the souls of boys and men. We can confirm what we see, but we can't put it there. And a father's voice, whether spoken or verbal, can have a "weight of glory," to use C.S. Lewis' term, that lasts for an eternity.

While I'm thrilled for the boys who will be receiving this amazing blessing, I am also reveling in the truth that my heavenly Father delights to affirm each of us. He says, "I love you, I delight in you, I am for you, and I know the plans I have for your life!"

Even if we don't get a sword. . . at least we get the letter. It's bound in a Book.

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What I Wish I'd Heard Growing Up

I have the privilege of helping to moderate an online forum for women who struggle with same-sex attraction. One of the things that all the people in this ministry share is a history of hurtful relationships with their families, especially their same-sex parent. (With some of them, the major wound came from

not connecting with their same-sex peers as they were growing up, but all of them have some level of difficulty with their parents.)

Someone started a discussion thread called “Things I Wish I’d Heard Growing Up.” In addition to making my heart break, I thought this list, from a variety of ladies, was also instructive about what love sounds and looks like:

Ruth, you are beautiful. You mean the world to me.
You are important in my life.
You have a gift.
I love you.

We love you no matter what.
We accept you no matter what.
You are “perfect” in my eyes.
You are beautiful to me.
I love you just the way you are!

You are important
I want you

You are smart
I love you (from my dad)
God loves you just the way you are
You are special to me
You are worth everything to me
I’d do anything for you

We wanted you
You are important
Your feelings matter

I won’t drink/do drugs anymore
Your dad loves you

You matter.

Something I wish I’d seen: my parents looking happy to see me.

What would YOU like to do?
I’m glad you’re a girl and it’s all right to be, ‘cause it’s safe.
I don’t need to touch you. I can just love you.
You can fail and I’ll still love you.

No matter what happens to you, we will still love you.
You don’t have to be perfect, we will still love you.
I believe you.
Don’t ever be afraid to tell or ask us anything. We won’t hate you or disbelieve you. We will do our best to help you. Even if we are afraid or nervous sometimes.

Something I wish I’d seen and heard: My parents praying with each other, depending on each other, being transparent with each other.

I never met my biological father; he died two months before I was supposed to meet him. I always wish I could have heard him say he loved me and was proud of me. I wish I could have hugged him.

I wish my mom would have said, “Hey, let’s spend some time together,” and not have it be because she wanted to lecture me on something.

You are worth my time.
Let me do that for you.
You have done a great job (and not followed by a “but…” that wipes out what was just said)

I wish I was told that I was lovable and likeable

And here are mine:

I’m sorry you had polio. Tell me about what it’s like to live with a handicap. Tell me what your heart feels about that.

You are not damaged goods, and you don’t have to strive to prove yourself acceptable. You already are.

Lord, these are the cries of so many of our hearts. Let us hear You affirming us, loving us, singing over us with joy, telling us that You delight in us!

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