

Appendix: MIND-SHAME



“The first casualty is self-esteem: they soon grow ashamed.”

– National Institute of Child Health and Human Development

There are a number of reasons why students struggle with reading: innate neurobiological issues, impoverished early language learning environments, low self-esteem, incompetent preschools (<http://goo.gl/6TvgFn>), incompetent reading instruction (<http://goo.gl/zoUKdh>), and many others (<http://goo.gl/COS1jZ>). **None of these are the student's fault.** Yet teachers, parents, siblings and peers all (unintentionally but pervasively) cause children to believe that *the reason they are struggling is* that they are not good enough, not trying hard enough, not smart enough, not good learners. Consequently, most students who struggle with reading, in addition to the original causes of their struggles, struggle with the shame that accompanies blaming themselves for their difficulties.

The Downward Spiral of Shame: The more students feel shame when reading the more they want to avoid engaging in the reading that triggers the shame. Shame disrupts the very cognitive processes necessary for reading: the worse the reading the more shame, the more the shame the worse the reading. When reading shame occurs chronically it generalizes across other domains of learning (math for example) and, as it does, students *learn* to become ashamed of their minds (mind-shame <http://goo.gl/zobW6C>).



Short Summary Videos:

“Scared that I am not smart”: <https://goo.gl/VPJP0U>

“I feel Nervous”: <https://goo.gl/BPNTx0>

“Public Shame”: <https://goo.gl/NOFzc6>

The Downward Spiral of Shame: <http://goo.gl/tUyahf>

Cognitive Learning Disability: <https://goo.gl/bUAvyG>

See also: Emotional Danger: <https://goo.gl/fbuf2W>

See also: Social Danger: <https://goo.gl/OUzRcR>

See also: Power of Reading Shame: <https://goo.gl/flwDA0>

Shame and Reading: (available at: <http://goo.gl/T7JGmF>)

Affect - Nathanson, D., Whitehurst, G., Risley, T.

Cognitive Consequences of Shame - Lyon, Reid G., Merzenich, M., Nathanson, D., Whitehurst, G.

Compass of Shame - Nathanson, D.

Downward Spiral - Adams, M.J., Cunningham, A., Lyon, Reid G., Nathanson, D., Shaywitz, S., Whitehurst, G.

Shame's Power - Cunningham, A., Lavoie, R., Leone, P., Merzenich, M., Shanahan, T., Shaywitz, S.

Reading and Public Shame - Lyon, Reid, G., Nathanson, D., Shaywitz, S., Whitehurst, G.

Self-Esteem and Shame - Merzenich, M., Nathanson, D., Tallal, P., Wendorf, J.

Shame and Self-Trust - Kame'enui, E., Tallal, P.

Shame Avoidance - Cunningham, A., Kame'enui, E., Lyon, Reid G., Shanahan, T., Tallal, P.

Emotional Danger - Levine, M., Nathanson, D., Lavoie, R. Lyon, Reid G., Shaywitz, S., Merzenich, M.

Social Danger - Tallal, P., Wendorf, J. Nathanson, D., Shanahan, T., Leone, P.

Shame Stories...

[Access this Appendix Online](https://goo.gl/mWb6y8) (<https://goo.gl/mWb6y8>)

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