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A Society That Can Heal: An Autoethnography of a Feminist Framework About Shame and How We Can Recover. A Women's and Queer Identified Outlook to Social Emotion

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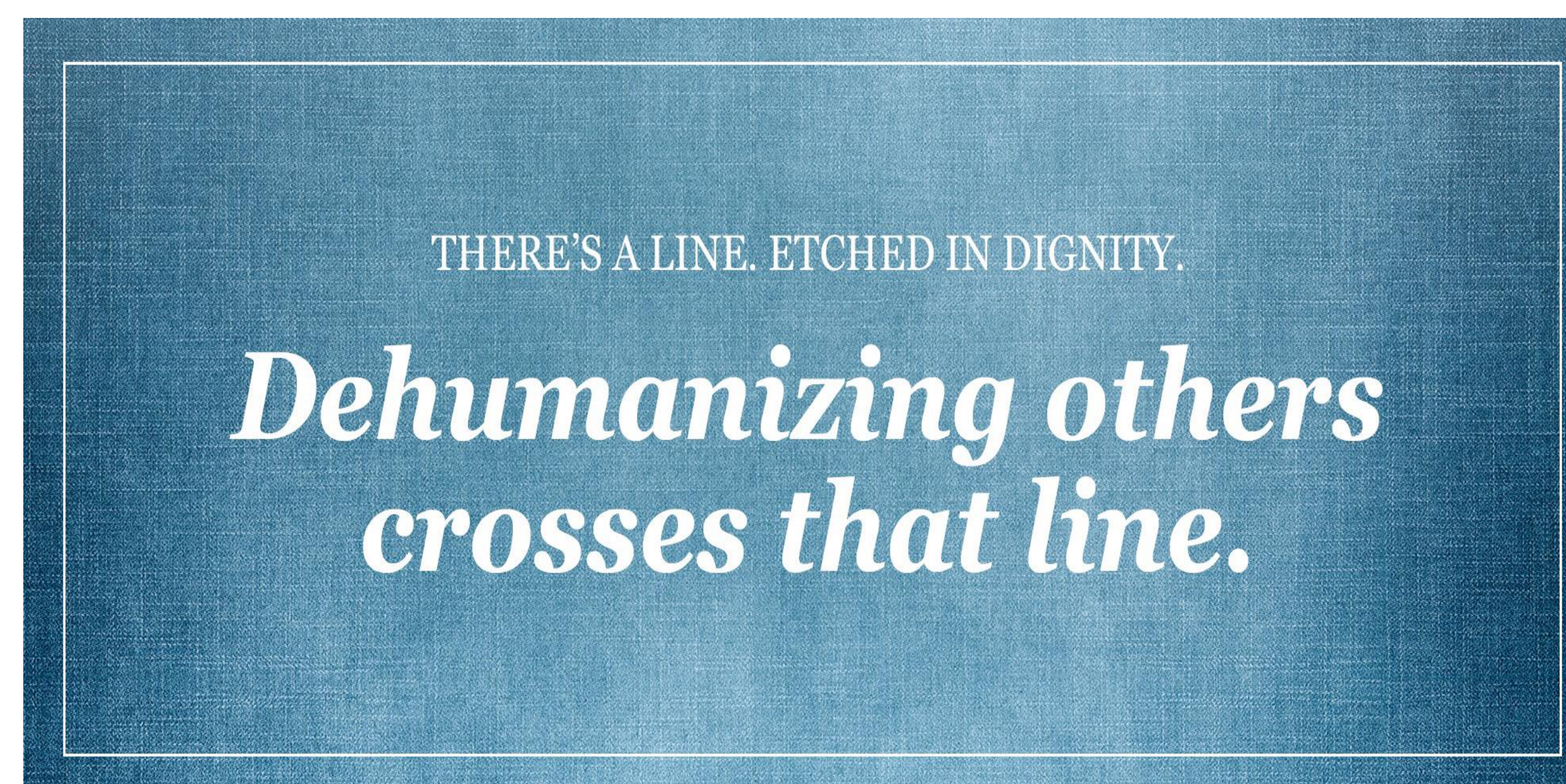
Abstract

The purpose of this study is to investigate the ways an individual resists dehumanization and/or disempowerment in the face of marginalizing societal forces, and it theorizes about the relationship among vulnerability, shame, and resiliency for women and queer-identified persons resisting dehumanization/disempowerment. Using autoethnography and other qualitative research methods (i.e., surveys and interviews), the author explores the lived experiences of shame and vulnerability in herself and others. The author applies resiliency theory and an intersectional lens to illuminate vulnerability, shame, and the ways they play themselves out in individual lives and in institutional systems. The author offers the reader insights for how individuals might positively address shame in their own lives and how doing so creates possibilities for future thriving.

Methods

In this research, I focus mainly on autoethnography, with the addition of conducting a survey with women and queer-identified individuals. In my autoethnography, I use self-reflection and writing to explore how anecdotal and personal experience are connected in a autobiographical story to gain a wider cultural, political, and social meanings with a more diverse understandings.

Info/Tables/Expected Results



This pie chart shows how individuals base their relationship with hope and have the desire to overcome their shame. Individuals that seek out the six components of healing from shame will find that they can heal. I learned this by researching Brene Brown's observations and her work. I have been researching with own autoethnography and have been using these six components on a daily basis.

Conclusions

1. Spirituality is found within oneself and this brings forth the understanding that there is a sense of perspectives to one's life.
2. There is an adaptability to overcome obstacles that may stand in the way.
3. There is benefit to asking for help and they will seek it out if needed.
4. There is a belief system intact that helps them to cope and have faith in regulatory with emotions and find that there is hope with self.
5. There is a good support network that they use on a daily, weekly basis.
- 6 There is a connection to others that they strive for and are able to use as valuable resources within the family unit.

Short Literature Citations

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Acknowledgements

Mentor: Vicki Reitenauer, Women, Gender, and Sexuality Studies
McNair Scholar Program
TRIO-SSS
Brene Brown, PhD