

Shame-Rage Cycle

Authored by
mohammad looti

October 6, 2025

RECOMMENDED CITATION

mohammad looti (2025). *Shame-Rage Cycle*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=35146>

A shame-rage cycle describes feelings that can occur when an individual is shamed (by being made fun of, humiliated, embarrassed, etc) and the negative feelings associated cause aggressive behaviors. The rage or aggression occurs as a means of avoiding the negative feelings of shame. There is association between shame-rage cycles and victims of abuse or bullying. Being abused or ridiculed can make a person feel like they are at fault or shamed by their own perceived inadequacies. This pattern can lead to rage and aggression as a means of avoiding the negative feelings of shame.

ARABPSYCHOLOGY.COM