

Shame

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Shame is an emotion that is experienced following an incident of embarrassing behavior or of having an embarrassing truth or secret comes to light. It is an uncomfortable feeling, but totally normal for an emotionally healthy individual.

For example, an adult who is living what is typically considered a conventional, respectable life (nice house, beautiful family, well-paid and important job, etc) has it revealed that when they were younger they had made pornographic movies. Most people would feel shame if this type of information went public.

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