

Abstract:

Using intuitive inquiry as a core transpersonal research approach, this presentation delves into the cultural factors of sexual shame and its profound impact on authentic identity development. Core shame, a concept deepened by the work of Louis Cozolino, "...is distinguishable from healthy shame in that they are not related to behavior but to the experience of the self." Dr. Brené Brown, one of the leading voices on shame, vulnerability, and empathy says, "Shame cannot survive being spoken. It cannot tolerate having words wrapped around it. What it craves is secrecy, silence, and judgment. If you stay quiet, you stay in a lot of self-judgment." This study will examine firsthand narratives drawn from a series of podcast interviews centered on shame, sex, stigma, and STIs. Through the process of intuitive inquiry, the lens shifts from pre-adolescent cultural factors to developing a framework for comprehensive sex and relationship education accessible to young adults and beyond.