

## On Guilt Cultures versus Shame Cultures (The Chrysanthemum and the Sword)

By Ruth Benedict

In anthropological studies of different cultures the distinction between those which rely heavily on shame and those that rely heavily on guilt is an important one. A society that inculcates absolute standards of morality and relies on men's developing a conscience is a guilt culture by definition, but a man in such a society may, as in the United States, suffer in addition from shame when he accuses himself of *gaucheries* which are in no way sins. He may be exceedingly chagrined about not dressing appropriately for the occasion or about a slip of the tongue. In a culture where shame is a major sanction, people are chagrined about acts which we expect people to feel guilty about. This chagrin can be very intense and it cannot be relieved, as guilt can be, by confession and atonement. A man who has sinned get relief by unburdening himself. This device of confession is used in our secular therapy and by many religious groups which have otherwise little in common. We know it bring relief. Where shame is the major sanction, a man does not experience relief when he makes his fault public even to a confessor. So long as his bad behavior does not 'get out into the world' he need not be troubled and confession appears to him merely a way of courting trouble. Shame cultures therefore do not provide for confessions, even to the gods. They have ceremonies for good luck rather than for expiation.

True shame cultures rely on external sanctions for good behavior, not, as true guilt cultures do, on an internalized conviction of sin. Shame is a reaction to other people's criticism. A man is shamed either by being openly ridiculed and rejected or by fantasizing to himself that he has been made ridiculous. In either case it is a potent sanction. But it requires an audience or at least a man's fantasy of an audience. Guilt does not. In a nation where honor means living up to one's own picture of oneself, a man may suffer from guilt though no man knows of his misdeed and a man's feeling of guilt may actually be relieved by confessing his sin.

The early Puritans who settled in the United States tried to base their whole morality on guilt and all psychiatrists know what trouble contemporary Americans have with their consciences. But shame is an increasingly heavy burden in the United States and guilt is less extremely felt than in earlier generations. In the United States this is interpreted as a relaxation of morals. There is much truth in this, but that is because we do not expect shame to do the heavy work of morality. We do not harness the acute personal chagrin which accompanies shame to our fundamental system of morality.

The Japanese do. A failure to follow their explicit signposts of good behavior, a failure to balance obligations or to foresee contingencies is a shame (*haji*). Shame, they say, is the root of virtue. A man who is sensitive to it will carry out all the rules of good behavior. 'A man who knows shame' is sometimes translated 'virtuous man,' sometimes 'man of honor.' Shame has the same place of authority in Japanese ethics that 'a clear conscience,' 'being right with God,' and the avoidance of sin have in Western ethics. Logically enough, therefore, a man will not be punished in the afterlife. The Japanese except for priests who know the Indian sutras are quite unacquainted with the idea of reincarnation dependent upon one's merit in this life, and except for some well-instructed Christian converts they do not recognize post-death reward and punishment or a heaven and a hell.

The primacy of shame in Japanese life means, as it does in any tribe or nation where shame is deeply felt, that any man watches the judgment of the public upon his deeds. He need only fantasize what their verdict will be, but he orients himself toward the verdict of others. When everybody is playing the game by the same rules and mutually supporting each other, the Japanese can be light-hearted and easy.

Source: Ruth Benedict, *The Chrysanthemum and the Sword. Patterns of Japanese Culture*, Boston: Houghton Mifflin Harcourt, 1946, p. 222f.