The aim of the present study with Caring Science as a starting point is to reach and present an understanding of what shame entails in becoming human. The main research questions of the present study are 1. What is shame? 2. How does shame manifest itself? The starting point of the study is based on basic principles developed in the caring science tradition at Åbo Akademi University: the human being is fundamentally holy. Human dignity means accepting the humans obligation of serving with love, of existing for the sake of others and that health means a movement in becoming, being and doing, striving for wholeness and holiness, which is compatible with endurable suffering.

The overarching methodological approach is hermeneutic. The material used consists of Jonas Gardell’s fictional novel in the original language Swedish, Don’t Ever Wipe Tears Without Gloves I: Love (2012) and Søren Kierkegaard’s philosophical work The Concept of Anxiety [Originally published in 1844] in its Swedish translation 1996. These texts were interpreted based on Kvale’s guiding principles on hermeneutic interpretation 1997. The method comprises moving between the particular and the common. Through this hermeneutic interpretation, a deeper understanding is reached on the phenomenon of shame. Units of meaning emerged in the analysis and formed suppositions of interpretation and eighteen themes, among others: shame is distance and the feeling of being an outsider, a struggle for survival, and choosing love can convey a feeling of shame. The interpreted results of the present study are mirrored against the caring science perspective. The emerging themes of both texts resulted in four conclusions: 1. Shame hinders proper care, 2. All humans carry a sense of shame, but not all have affirmed it, 3. An averted face and an averted gaze symbolize shame, and 4. Love is a driving force and a source of forgiveness.

The present study was able to conclude that love makes man feel valuable, and that love and redress makes man able to pick up and carry on with his or her life.