

Overcome Shame

1. What is your first memory of shame?

2. What situations or people trigger your feelings of shame?

3. What thoughts and feelings do you most often have when you feel shame?

4. How do you react to feelings of shame? Do you withdraw, overeat, get angry at yourself?

5. Do you tend to be judgmental with yourself when feeling shame? If so, what purpose is being hard on yourself serving?

6. What would you say to a dear friend who is in the same situation and having the same critical thoughts about themselves? Say it to yourself.
