

Shame Worksheets

The following questions represent signs of shame

- Do you fear intimacy and being vulnerable? **Yes/No**
- Do you often struggle with feelings of inferiority? **Yes/No**
- Do you often struggle with feelings of worthlessness and believe that no matter what you do, you won't be lovable? **Yes/No**
- Do you often struggle with excessive negative self-talk? **Yes/No**
- Do you struggle with feelings of severe humiliation when you're forced to look at mistakes or imperfections? **Yes/No**
- Do you often suffer from debilitating guilt and assume responsibility for the behavior of those around you? **Yes/No**
- Do you feel like an outsider and struggle with feelings of loneliness, even when surrounded by those who love and care? **Yes/No**
- Do you often try hard to hide flaws in personal appearance and self? **Yes/No**
- Do you struggle with perfectionism and often feel that you must do things perfectly or not at all? **Yes/No**
- Do you use compulsive behaviors like workaholism, eating disorders, substance abuse, and other addictions to block or numb your feelings? **Yes/No**

1. What is your first memory of shame?

2. Has shame been a lifelong problem for you?

3. At what age did you begin to notice that you're struggling with feelings of shame? Has it worsened or improved over time?

4. Are you aware of any early experiences that may have caused shame?

5. How is shame causing problems in your life and relationships with others (e.g., friendships, romantic relationship, parenting)?

6. How would your life be different if you felt less shame?

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

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

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

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

11. Are you surrounded by people who shame you? If so, what boundaries can you set to protect yourself?

12. 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.

13. If you feel shame, how can you calm yourself?

14. How can you show yourself more acceptance and compassion?

15. Do you find yourself often obsessively worrying about what others think of you? If so, what can you do to feel less obsessed?

16. Where can you ask for emotional support or help?

17. What do you need to forgive yourself for?
