



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 14 Action Guide: Shame – A Deeper Look

Approaching Shame with Acceptance & Curiosity

Exercise I: Shame Triggers

Shame Resilience is practicing the Pause & Pivot method with shame messages and behaviors, and reaching for connection in the process. It's helpful and empowering to know what your shame triggers and responses are so you can recognize them more quickly and choose resilient action.

Take a moment to journal about your Shame Triggers:

What does it feel like when you're in shame? (sensations, emotions, thoughts, etc.)

What are your shame symptoms?

What is the 'wired' response you have to shame?



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Exercise II: Shame Messages

Where/how do you experience the “Never Enough” message of shame?

Where/how do you experience the “Always Too Much” message of shame?

Approaching shame with acceptance and curiosity requires a lot of courage. Increase your resiliency to shame this week through increased awareness, practicing pause, regulating your shame triggers and reaching for connection.