



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 15 Action Guide: Strategies of Disconnection

"Shame is not an emotion, it's a relational experience." Larry Heller

Moving Away - When we feel shame we hide and play small. (impulses to flee and freeze).

Moving Toward - When we feel shame we people please, perform and engage in perfectionism. (impulse to freeze).

Moving Against - When we feel shame we fight back and blame. We put on our gloves and fight shame with shame. (impulse to fight).

Answer the following questions:

(refer to your answers from the Week 14 Action Guide)

What are the Shame messages and triggers that cause you to use the strategy of *Moving Away*?

What are the Shame messages and triggers that cause you to use the strategy of *Moving Toward*?

What are the Shame messages and triggers that cause you to use the strategy of *Moving Against*?



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Practical Action Steps:

If your tendency is to fight, practice setting clear boundaries

If your tendency is to flee, practice expressing how you feel and asking for what you need

If your tendency is to freeze, practice engaging instead of withdrawing

We cultivate our sense of love and belonging through our choices to take risks and be vulnerable. It's the only way to experience connection. What is the one thing you are going to practice this week instead of shielding yourself with a strategy of disconnection?

Write it here: