



SHAME: WHAT IS IT & HOW TO FREE YOURSELF FROM IT

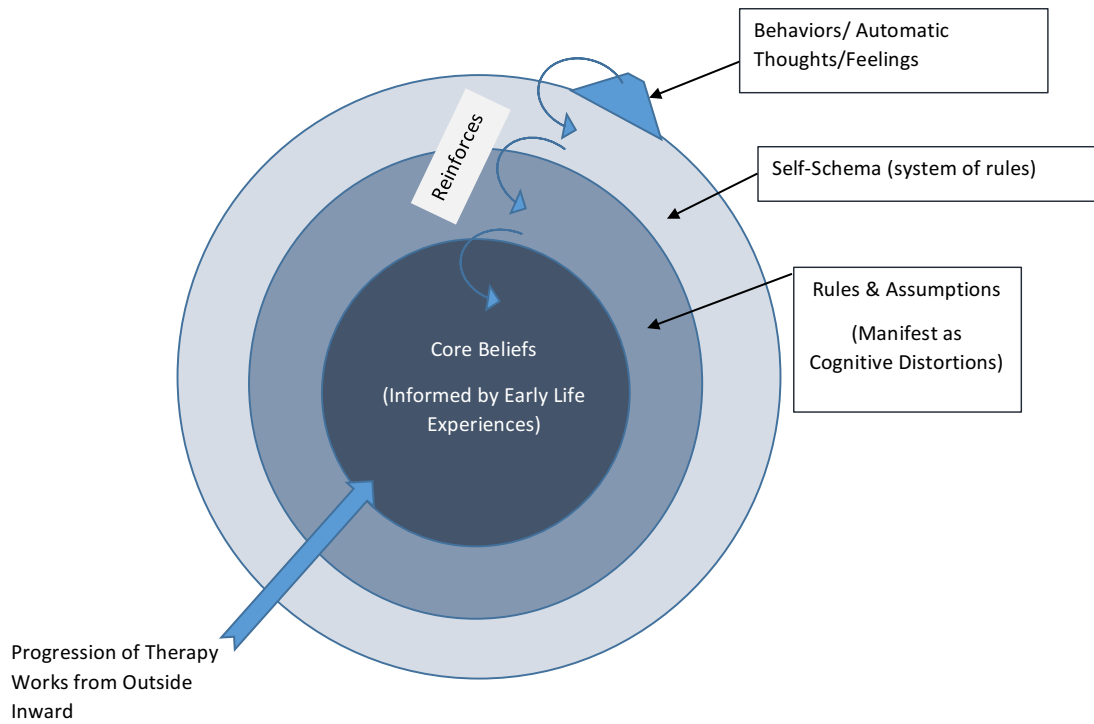
What makes you most uncomfortable talking about shame? How do you understand it in the context of your life? Your practice?

What is it? Why do we experience it?

Development?

Shame is NOT equivalent to Guilt. Shame is NOT equivalent to Low Self Esteem.

How is it developed? Risk Factors?



Impact?

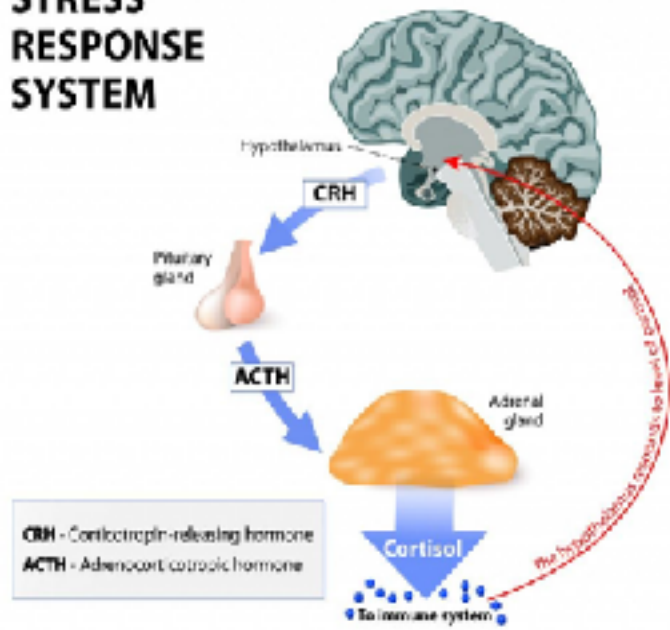
Strategies for Disconnection:

Moving Towards

Moving Away

Moving Against

STRESS RESPONSE SYSTEM



Activity

Addressing It

1. Name It. Talk About It.

2. Identify & Work On Your Shame.

3. Check Your Reactions To Clients And Their Experiences.

4. Stop Using Shame As A Therapy Tactic.

5. Revisit Childhood And Place Of Development.

6. Recognize Shame & Its Triggers.

7. Practice Self Care & Self Compassion.

8. Thought Challenge.

9. Stop Judging Self For Feelings.

10. Let Go Of Shame Reinforcers.

11. Model And Help Embrace Forgiveness.

12. Privilege & Shame Go Hand In Hand.

13. Foster Development & Expansion Of Empathy.

14. Author Your Own Narrative.

15. Provide Corrective Emotional Experiences.

16. Remember, Shame Is Universal.

17. You Are Enough.
