

SHAME SHIELDS

The Armor We Use to Protect Ourselves and Why It Doesn't Serve Us

EXERCISE:

THE PHYSIOLOGY OF SHAME

In order to recognize when you or someone else is in shame, take about 5 minutes to quickly complete the following prompts.

When I hear the word shame, I think of...

If shame were a color, it would be...

If I could taste shame, it would taste like...

If I could smell shame, it would smell like...

If I could touch shame, it would feel like...

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I physically feel shame in or on...

My shame symptoms include...

When I recognize I'm in shame I feel...

When I talk about shame, I feel...

I can talk about shame with...



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