

<p>Steps for processing shame:</p>	<p>www.anesisonline.com</p>		
<p>Prayerfully and closing your eyes:</p> <p>Can you tell where in your body you are feeling the shame?</p> <p>(A sense of being fundamentally flawed, a dark cloud over you, thoughts scattered, pain in your body like a “stab” or definite pain?)</p>	<p>Do you have a “yucky” feeling in the pit of your stomach?</p> <p>Are you feeling pain in your body? Are you feeling hurt or disappointment?</p> <p>Do your thoughts seem scattered or muddled? Are you thinking about yourself in a negative light with condemnation?</p>	<p>If it “feels” like pain in your body you will choose the “Rejection ladder” or the “Criticism ladder”. You may look at BOTH of the ladders pertaining to heart and/or stomach.</p> <p>If your sensation is more about your thoughts rather than feelings you will choose the “Judgment ladder.”</p>	<p>Pray and ask God to reveal to you past memories the pain or thoughts could be hitting on.</p> <p>Let yourself feel the pain of the emotions and then ask God to take those stored emotions that are activating your shame belief system.</p> <p>Speak forgiveness towards yourself and others and <i>thank Jesus that He bore your shame and wants you to live as a New Creation IN CHRIST.</i></p>
<p>EMOTIONS:</p> <div data-bbox="310 1008 604 1360"> </div> <p>REJECTION LADDER</p> <p>Pain the heart or pit of the stomach</p>	<p>EMOTIONS:</p> <div data-bbox="716 1003 1003 1360"> </div> <p>CRITICISM LADDER</p> <p>Pain the heart or pit of the stomach</p>	<p>THOUGHTS:</p> <div data-bbox="1108 1003 1444 1360"> </div> <p>JUDGMENT LADDER</p> <p>Influences mind: - racing thoughts, muddled thoughts, believing lies, confusion</p>	<p>Identity the core pain under the shame.</p> <p>Labeling the emotions and/or thoughts tied to the shaming event will bring clarity to you.</p> <p>The shaming event can cause a cascade of emotions like going down the rungs on a ladder.</p> <p>Many times the core issue is the emotion or thought at the bottom of the ladder.</p> <p>-----</p> <p>“Why are you cast down oh my soul and why are you in turmoil within me? Hope in God; for I shall again praise Him, my my salvation and my God.”</p> <p>Psalm 42:5 NIV</p>