

Processing Shame: A Guided Reflection

“Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God.” — Psalm 42:5

Step 1: Pause & Pray

Close your eyes and ask God to meet you in this space.

“Lord, show me where I’m feeling this shame.”

Where do you feel it in your body? (check all that apply)

Ⓜ Heart Ⓜ Stomach Ⓜ Head Ⓜ Other: _____

Step 2: Notice the Emotion or Thought

Ⓜ I feel pain or tension in my body

Ⓜ My thoughts are racing or condemning

Describe what’s happening inside you:

Step 3: Identify the Root “Ladder”

■ Rejection Ladder	■ Criticism Ladder	■ Judgment Ladder
Pain in heart or stomach • Over-responsibility • Loss of control • Inadequate • Lost or vulnerable • Forsaken / alone	Pain in heart or stomach • Insecure • Anxious • Embarrassed / humiliated • Abandoned	Mental confusion / racing thoughts • Confused • Defensive • Blaming • Paranoid / don’t trust self • Condemned / unworthy

Which ladder feels most like you today? _____

Step 4: Bring It to God

“Lord, reveal any memory or belief that’s tied to this feeling.”

Let yourself feel the emotion and invite God’s healing presence.

Write what He shows you or reminds you of:

Step 5: Speak Forgiveness

⌘ I forgive myself ⌘ I forgive others involved ⌘ I release the lie I've believed

Write a prayer of release and forgiveness:

Step 6: Replace Lies with Truth

“Jesus, show me the truth about who I am in You.”

Write the truth He gives you:

Step 7: Rest in Hope

Breathe deeply. Sit with His peace.

“Hope in God, for I shall again praise Him.”

Notes or closing prayer:
