

Journal Prompts: Shame-Based Anger

1. Understanding Shame

1. What does shame feel like for me, both emotionally and physically?
2. How does shame show up in my thoughts or behavior?
3. What triggers my feelings of shame, and how do I typically respond to it?
4. How does shame differ from guilt in my experience?
5. In what ways does shame affect how I view myself or my worth?

2. Exploring the Source of Shame

1. What past experiences or events in my life have contributed to my feelings of shame?
2. How have societal, family, or cultural expectations shaped my understanding of shame?
3. Are there specific people or situations that make me feel ashamed? Why?
4. How do I feel about certain mistakes I've made in the past? Do I still carry shame around them?
5. What messages did I receive growing up that may have influenced how I feel about shame today?

3. Shame and Self-Compassion

1. How can I practice self-compassion when I am feeling ashamed of myself?
2. What would it look like to treat myself with kindness and understanding when I feel shame?
3. How can I challenge the negative self-talk that accompanies feelings of shame?
4. How would I respond to a friend who is experiencing the same feelings of shame I am?
5. How can I remind myself that I am not defined by my past mistakes or shortcomings?

4. Letting Go of Shame

1. What would it feel like to let go of the shame I've been holding onto for so long?
2. What steps can I take today to release some of the shame I feel about my past?
3. How can I begin to heal the wounds that have caused me to feel ashamed?
4. What forgiveness or self-acceptance work do I need to do to release shame?
5. How can I start creating a narrative of my life that is more forgiving and compassionate?

5. Shame and Vulnerability

1. How do I feel about being vulnerable with others when I feel ashamed?
2. How can I learn to embrace vulnerability as a path to healing from shame?
3. What does it mean for me to allow myself to be imperfect and still be worthy of love and connection?
4. What would it take for me to share my feelings of shame with someone I trust?
5. How can I remind myself that vulnerability is a strength, not a weakness?

6. Shame and Relationships

1. How does my shame affect my relationships with others?

2. How do I hide or mask my shame in social situations or in intimate relationships?
3. What do I need from others to feel more accepted and less ashamed?
4. How can I create more open and honest connections with others while dealing with my shame?
5. How can I work on being more open about my struggles with shame in my relationships?

7. Reframing Shame

1. How can I reframe my experience of shame as an opportunity for growth and healing?
2. What strengths or lessons have emerged from the shame I've experienced in my life?
3. How can I shift my mindset to see mistakes as part of the learning process rather than as a reason for shame?
4. What aspects of my identity or story do I want to reclaim from shame and transform into a source of pride?
5. How can I be more forgiving and understanding of myself moving forward?