



# SHAME VS GUILT & THE SHAME CYCLE

THIS WORKSHEET IS DESIGNED TO HELP YOU IDENTIFY, UNDERSTAND, AND BREAK FREE FROM THE CYCLE OF SHAME. USE IT ALONGSIDE THE LATEST EPISODE OF THE KINGDOM MINDSET SHOW TO REFLECT DEEPLY AND TAKE ACTION.

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## 1. WHAT'S THE DIFFERENCE?

→ GUILT SAYS: 'I DID SOMETHING BAD.' (BEHAVIOR-FOCUSED)

→ SHAME SAYS: 'I AM BAD.' (IDENTITY-FOCUSED)

GUILT CAN LEAD TO CHANGE. SHAME TRAPS US IN CYCLES OF UNWORTHINESS.

## 2. REFLECT AND IDENTIFY

THINK BACK TO A RECENT SITUATION WHERE YOU FELT EITHER SHAME OR GUILT.

- WHAT HAPPENED?
- WHAT WERE YOUR THOUGHTS IN THAT MOMENT?
- DID YOU FEEL MORE GUILT (ABOUT YOUR ACTIONS) OR SHAME (ABOUT YOUR IDENTITY)?
- HOW DID YOU RESPOND TO THOSE FEELINGS?

## 3. THE SHAME CYCLE

THE SHAME CYCLE OFTEN FOLLOWS THIS PATTERN:

1. TRIGGERING EVENT → 2. SHAME-BASED THOUGHT → 3. NEGATIVE EMOTION → 4. COPING BEHAVIOR (E.G., WITHDRAWAL, ANGER, ADDICTION) → 5. REINFORCED SHAME

THIS CYCLE REPEATS UNTIL INTENTIONALLY INTERRUPTED.

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Lasting Transformation



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## 4. BREAKING THE SHAME CYCLE

Use the ANCHOR Framework:

- Awareness – Identify your trigger and thoughts
- Narrative Rewriting – Speak truth over the lie of shame
  - Challenge Response – Choose a new response
- Hope Cultivation – Root yourself in Christ's truth and future vision
- Routine Reinforcement – Establish patterns that affirm your identity in Christ

## 5. SCRIPTURE TRUTHS TO COMBAT SHAME

- Romans 8:1 – 'Therefore, there is now no condemnation for those who are in Christ Jesus.'
- 2 Corinthians 5:17 – 'Therefore, if anyone is in Christ, he is a new creation.'
- Psalm 34:5 – 'Those who look to him are radiant; their faces are never covered with shame.'

Use this worksheet regularly to track your growth. Shame loses its grip when we bring it into the light and replace it with God's truth.

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