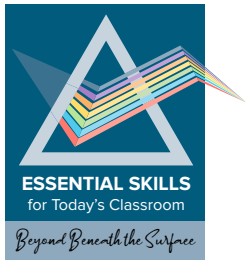




SHAME



Behaviour + Urge

- Hiding
- Avoiding people
- Withdrawing
- Looking down/away
- Sinking back
- Shrinking
- Ripping up work
- Refusing to try

- Hide
- Run away
- Avoid
- Disappear

1

Function → I Need

Shame helps me to...

- Stay part of the group
- Avoid being rejected or criticized for something I think I have done wrong

- Self-compassion, to remember that everyone makes mistakes
- Self-worth, to hang onto my sense of being fundamentally good and worthy even when I make those mistakes
- To adopt a growth mindset to counter all-or-nothing thinking about mistakes
- To be able to apologize comfortably about my mistakes
- To develop self-validation skills:
 - I am not for everyone and that's okay
 - I can't control others but I can control myself and what I bring forward
 - I can reflect on my own decisions, strengths, values, and contributions even when others don't like what I've done

3

Body Sensation & Examples

- Heart beating fast
- Hot - Cold
- Warm face
- Ready to explode
- Heavy
- Relaxed
- Calm
- Balanced
- Strong
- Full of energy
- Light
- Pressured
- Rough

Where do you feel it in your body? ??

2

Try this!

When you've made a mistake and feel ashamed and want to hide, try sharing your mistake with someone you trust instead. You will probably find that they understand and have made a similar mistake, too!

4

Questions to Reflect

- When do I feel the most ashamed?
- What does the shame tell me to do?
- Where do I feel it in my body?
- My feeling makes sense because...
- What do I need to feel better?
- How can I handle this next time?

5

References & Future Reading

Gottman, J. M., Declaire, J., & Goleman, D. (2015). *Raising an emotionally intelligent child*. Simon & Schuster Paperbacks.

<https://www.gottman.com/blog/an-introduction-to-emotion-coaching/>

<https://emotioncoaching.gottman.com>