*Discussion Questions / Prompts from:*

I Thought It Was Just Me (But It Isn’t): Making The Journey From “What Will People Think?” To “I Am Enough”by Brene Brown

The first element of shame resilience is recognizing shame and understanding our triggers. Men and women who are resilient to shame have this capacity. This enables them to respond to shame with awareness and understanding.

When we can't recognize shame and understand our triggers. Shame blindsides us. It washes over us, and we want to slink away and hide.

In contrast, if we recognize our shame triggers, we can make mindful, thoughtful decisions about how we're going to respond to shame before we do something that might make things worse.

Shame has physical symptoms these might include your mouth getting dry, time seeming to slow down, your horse heart racing, twitching, looking down, and tunnel vision. These symptoms are different from one person to the next. So if you learn your physical symptoms, you can recognize shame and get back on your feet faster.

I physically feel shame in/on my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ My shame symptoms include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I know I'm in shame when I feel. If I could taste shame, it would taste like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ If I could smell shame, it would smell like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If I could touch shame it would feel like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Taken from [Handout 4 Brene Brown Worksheet on Shame.pdf](file:///C:\Users\methe\OneDrive\Documents\Olli%20Inner%20Child\Handout%204%20Brene%20Brown%20Worksheet%20on%20Shame.pdf)