

Take your time with each question. Be as honest and gentle with yourself as you can.

## 1. What is the earliest experience of shame you can remember?

What happened, and how did it make you feel? Can you identify any shame scripts that began?

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## 2. What is a typical example of when you experience shame?

Think of patterns — times, triggers, people, or situations. Can you identify any shame scripts that began?

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## 3. What was the most recent time you experienced shame?

Describe the situation and your emotional response. Can you identify any shame scripts that began?

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## 4. What is the worst experience of shame you've ever had?

Reflect deeply. What made it so painful? Can you identify any shame scripts that began?

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To think about:

💬 What would you say to your younger self in each of these moments?

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