

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?







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?







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?







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?







To think about:



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






