

# Compass of Shame

Donald L. Nathanson, 1992

1. Think of a moment (not necessarily a major one) where you felt rejected, misunderstood, criticised, dismissed, emotionally exposed, or somehow not fully received.
2. Which of these protections (compass points) feels most familiar?
3. Can you sense when this response may first have become important?
4. What happened when this part of you wasn't protected?

