



Fostering Resilience™



SHAME

ACTIVITIES WORKBOOK

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SHAME RESILIENCE

This workbook and the activities in this workbook will help you learn about shame, learn how to identify when you are in a state of shame, the value of connection, new ways to respond to shame, and how to build shame resilience.

FORMULA FOR HEALING SHAME:

Step 1: Learn About Shame

Step 2: Identify The Feeling State

Step 3: Seek Support (Connection)

Step 4: Find A New Way To Respond

Step 1: Learn About Shame

Guilt (external): I did something I feel bad about (external and behavior based). Typical response: to reach out and remediate.

Shame (internalized): I am bad, unloved, defective (internal and self based). Typical response: to disconnect and isolate, act out against self or others, or try to over-compensate with people pleasing.

COMMON SHAME TRIGGERS

1. Being stereotyped and labeled
2. Surviving Trauma
3. Appearance and Body Image
4. Money and Work
5. Motherhood or Fatherhood (fulfilling these roles)
6. Family
7. Parenting (being an effective parent)
8. Mental and physical health (including addiction)
9. Sex
10. Aging
11. Religion
12. Speaking out

ACTIVITY

Step 2: From the Shame Triggers list on the previous page, select your top three shame triggers and why they are a trigger for you:

1) _____

I feel shame in this area because:

2) _____

I feel shame in this area because:

3) _____

I feel shame in this area because:

Shame Resilience

Step 2: Identify Your Reactions to Shame.

1) **Move Against** others (or yourself) by aggression or shaming others in response to your own shame,

2) **Move Away** by withdrawing, disconnecting or isolating,

3) **Move Toward** by people pleasing or otherwise over-doing or over-giving.

You may also react differently in different situations.

STEP 3: Share **Step 2 Activity** with someone who you trust to provide you with Empathy or Compassion. This can be a counselor or therapist if you are unsure who you can trust to provide you with appropriate support. It's common to reach out to people who we think **should** give us empathy, compassion or support and unexpectedly experience more shaming.

Choose carefully!

CHARACTERISTICS OF SHAME

Characteristics of Internalized Shame (Highlight all that apply to you)

Having a rigid core belief like...“I am a bad, weak, unlovable, undeserving, inept, unattractive, stupid, powerless, worthless.

Being excessively zealous, defensive, rigid, dogmatic, and/or “preachy” about "sin," moral righteousness.

Habitual self-centeredness and significant egotism.

Active addictions to substances (including fat, sugar, and some carbohydrates), activities (work, spending, gambling, pornography, or working out), certain relationships (codependence) and/or emotional states (excitement, rage, pleasure).

Constant belittling, discounting, and criticizing yourself and/or others.

Repeatedly choosing menial jobs below personal capabilities; Avoiding “responsibilities” excessively.

A compulsion to rescue needy or disadvantaged others; championing and identifying with “underdogs.”

Having few or no real friends; and/or being consistently drawn to other (unrecovered) wounded, needy companions and partners.

Excessive social isolation or a compulsion to socialize and be charming and the center of attention.

Excessive sensitivity and defensiveness to perceived criticism or rejection.

Habitually avoiding eye contact.

CHARACTERISTICS OF SHAME

Often misperceiving neutral feedback as criticism and/or wrongly assuming criticism.

Excessive concern with personal and/or social blame and fault-finding.

Feeling irrationally guilty and/or anxious about earned successes (The "Imposter Syndrome").

Obsessing about "my rights" or "I (don't) deserve...", or "equality" or "fairness."

Endlessly focusing on past "mistakes" in private or publicly.

Habitually putting your own opinions, needs, and welfare last (vs. equal).

Having an unreasonable fear of "failing," "losing," or "making mistakes."

Never admitting "mistakes" or compulsively apologizing all the time.

Habitually unflattering, inappropriate, and/or "sloppy" clothing, grooming, and/or hygiene.

Obsessive concern with personal, professional, social, vehicle, and/or dwelling appearances.

Compulsive perfectionism ("I can't help it"), and/or a driven need to "win," and/or "be the best," or "be number 1."

Compulsively "shading the truth" or lying directly or by omission, and denying it to avoid expected ridicule, criticism, or disapproval (also a symptom of excessive fears).

CHARACTERISTICS OF SHAME

Notable self neglect - e.g. resisting or avoiding appropriate medical care: rarely or never seeing a doctor, dentist, gynecologist, or eye specialist for checkups or illnesses; not getting or taking prescribed medications; poor personal hygiene;

Choosing unhealthy diets, habits (e.g. smoking), lack of exercise, and/or toxic environments; and ignoring, deflecting, minimizing, explaining, analyzing, or joking about this

Rarely buying anything “nice” or “special” for yourself or taking fun trips or vacations.

Deflecting, discounting, and/or rejecting deserved compliments, and “being very hard on myself.”

Chronically giving time and energy to others and getting little or nothing in return.

Avoiding self-assessment for psychological wounds, and/or true personal recovery.

Repeatedly choosing, justifying, and tolerating relationships, situations, and/or environments which promote major shame.

Repeatedly taking risks that result in self-harm, humiliation, and/or loss of self and social respect. Denying or justifying an active addiction is a common example.

Rarely requesting or demanding what you want, or doing so anxiously and expecting rejection, rather than asserting calmly; being timid, passive, quiet, reserved or aggressive, self-centered, and/or a bully.

CHARACTERISTICS OF SHAME

Not setting and/or enforcing healthy limits (boundaries) with yourself and others.

Tolerating and/or justifying a core belief like “I don’t deserve or expect success, love, security, comfort, friends, and/or nice things.”

Self-sabotage - repeatedly “setting yourself up” for failure, disappointment, frustration, and/or losses and feeling, or saying “I can’t help it,” “it doesn't matter,” “I don't care,” or “I deserve it.”

Frequently choosing long-suffering victim, saint, or martyr roles in key relationships and social settings, and not questioning why.

Choosing a direct-contact human-service profession - (e.g. clergy, counseling, medicine (nurse), education, law enforcement, consulting, coaching, training, driving public vehicles, customer service, casework, .. yes, there are exceptions!)

The more characteristics you have, the higher level of toxic shame!

STEP 4: Identify New Ways to Respond (reach out before you act out) and learn how to begin to develop healthy self-esteem.

HEALTHY SELF-ESTEEM

THE POWER OF SELF-ESTEEM

The key to feeling worthy of happiness is having a healthy self-esteem.

COMPONENTS OF SELF-ESTEEM

Self-efficacy is our ability to think, to learn, to choose and to make appropriate decisions.

Self-respect is confidence in our right to be happy, and confidence that achievement, success, friendship, love and fulfillment are appropriate to us.

Healthy Self-Esteem is a Basic Human Need. It is Essential to Healthy Human Development.

If you lack Healthy Self-Esteem, your Emotional Growth will be stunted.

Healthy Self-Esteem is the Immune System of the Consciousness.

When our Self-Esteem is Low our Resilience to facing life's problems is diminished.

THE SIX PILLARS OF SELF-ESTEEM

I highly recommend the world-renowned book by Dr. Nathaniel Branden “*The Six Pillars of Self-Esteem*” for further healing. Below is a brief summary of each pillar.

PILLAR ONE: PRACTICE LIVING CONSCIOUSLY

This is exactly what you are doing in this workbook! You are becoming more aware of how the world around you and the world within you are impacting your life.

PILLAR TWO: PRACTICE SELF-ACCEPTANCE

This means being kind and compassionate toward yourself, even when you make mistakes. Branden says that when we reject the dark, unwanted sides of ourselves that we also reject the light. We reject our greatness!

According to Branden, “nothing does as much for an individual’s self-esteem as becoming aware of and accepting disowned parts of the self. The first steps of healing and growth are awareness and acceptance — consciousness and integration.”

PILLAR THREE: PRACTICE SELF-RESPONSIBILITY

This is recognizing and accepting that you are responsible for your choices and actions. Branden writes. “To be ‘responsible’ in this context means responsible not as the recipient of moral blame or guilt, but responsible as the chief causal agent in my life and behavior.”

We’re responsible when we’re able to respond to life’s challenges as healthy, autonomous human beings — not as victims, blaming this or that for our challenges, but as individuals who own our abilities to manifest our desires as we engage in life.

THE SIX PILLARS OF SELF-ESTEEM

PILLAR FOUR: PRACTICE SELF ASSERTIVENESS

This means to honor your wants and needs and look for healthy ways to express them. This is the opposite of shutting down and acting out. Start to recognize when you are in “I’ll show you, I’ll hurt me” mindset.

The essence of this pillar is to be real and authentic. Remember that the root word of authentic is author. To be authentic means to be the author of your own story, your own life. You get to choose!

PILLAR FIVE: PRACTICE LIVING PURPOSEFULLY

This means to use our power to set and achieve goals. For example, if I want to grow in your self-actualization, sobriety (physically, mentally, emotionally and spiritually) or in whatever area of your life you are trying to improve, what are the actions you must take to achieve that? What must you do to get there and stay there?

First question: What do you want? Second question: What must you do? As Branden reminds us: “Purposes unrelated to a plan of action do not get realized.”

PILLAR SIX: PRACTICE PERSONAL INTEGRITY

This means to have principles of behavior that remain loyal in your actions. Keep your promises and honor your commitments.

According to Branden. “When our behavior is congruent with our professed values, when ideals and practice match up, we have integrity.”

Do your values, standards, beliefs and behavior all line up?

And perhaps more importantly, do you know what your values, standards and beliefs are?

ACTIVITY

What do I want?

What are my values, standards and beliefs?

ACTIVITY

Complete with at least 10 examples. Feel free to use another page if you need more space.

Old Unhealthy Ways I Have Responded to feelings of Shame:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

ACTIVITY

Complete with at least 10 examples. Feel free to use another page if you need more space.

New HEALTHY Ways I can respond to feelings of Shame:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

ACTIVITY

Complete with at least 10 examples. Feel free to use another page if you need more space.

My Personal Unwanted and Unhealthy Shame-Based Characteristics:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

ACTIVITY

List a specific way in which you plan to practice each of the Six Pillars to build a stronger, healthier self-esteem. Feel free to use another page if you need more space.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

Small Improvements, Big Results

Perfection is not the standard here. Why? Because it's impossible to attain. Remember to honor the power of small improvements as you develop self-esteem and live a more conscious and healthy life.

SELF-RESPECT & SELF-ESTEEM

Self-Respect – Comes from what you do.

Self-Esteem – Comes from how you think and feel about yourself.

You can work on changing your thoughts and your feelings about yourself, but this is a much easier process when you focus on self-respect.

Self-Esteem is a by-product of self-respect.

You show self-respect in the actions you take and the language you use, even in the body language you convey.

Shame, in those struggling with addiction, is increased when those in active addiction go against their core values and integrity, due to their cravings.

HOW TO BUILD SELF-RESPECT

In order to build self-respect, you need to believe (or want to believe) the following truths:

- 1) You Deserve to be treated with respect as much as any other human being.
- 2) How much you respect others generally determines how much you respect yourself.
- 3) No one is going to build your self-respect for you. You will need to do it yourself.

Self-Respect is something that grows over time, as you consistently live according to your values and integrity.

HOW TO BUILD SELF-RESPECT

Ten Steps to Great Self-Respect

- 1) Determine your Values
- 2) Write a Vision or Mission Statement
- 3) Begin to Take Action
- 4) Ignore Your Negative, Self-Limiting Thoughts
- 5) Be Pro-Active and Begin to Shift Your Thoughts to More Positive Thoughts
- 6) Expect to Make Mistakes
- 7) Always Treat Yourself Respectfully
- 8) Spend Time with Respectful / Respectable People
- 9) Be Accountable and Perform a Self-Check
- 10) Don't Stop!!

SIGNS OF SELF-RESPECT

Symptoms of Self-Respect

- 1) Honor your morals and values
- 2) Speak about yourself with confidence and humility
- 3) Dress in a way that reflects self-respect and confidence.
- 4) Have a personal Mission Statement
- 5) Admit flaws and mistakes and work on improving them
- 6) Don't allow others to speak down to you, take advantage of you or otherwise disrespect you.
- 7) Know when to leave an unhealthy, compromising situation / relationship
- 8) Honor your body and treating it with respect and care
- 9) Show respect to others who merit it
- 10) Know your time, energy and resources are valuable

SIGNS OF SELF-RESPECT

Symptoms of Self-Respect (con't):

- 11) Can create appropriate boundaries with others
- 12) Don't need to apologize for who you are
- 13) Take personal responsibility for all your actions
- 14) Don't feel diminished by constructive criticism or advice
- 15) Keep trying in the face of adversity and don't give up.

Self-Respect is based on action, despite how you may feel or what you think. It is much more productive to take positive action, as your self-esteem will be positively impacted by your actions.

Action is the most positive force for change. Couple action with positive thinking and you can completely reinvent yourself.

SELF-LOVE

26 Actions to Improve Self-Love:

- 1) Embrace the concept of loving yourself first (all your other relationships stem from the health of your relationship with yourself).
- 2) Define Worthiness for Yourself (Get clear on what YOU believe).
- 3) Create a vision of who YOU WANT TO BE (How do you want to look, think, feel, act)
- 4) Become aware of your thoughts (how often do you think negatively about yourself)
- 5) Filter Your Perceptions (Ask yourself “Is this thought really true?”)
- 6) Become Your Own Best Friend (Speak only words that you would speak to your best friend).
- 7) Become Curious About Yourself (set aside time to learn about yourself).
- 8) Create New Environments (Build on your natural strengths).
- 9) Find the right tribe (surround yourself with positive, supportive, caring people).

SELF-LOVE

- 10) Practice Realistic Optimism
- 11) Learn the Power of Acceptance
- 12) Change What You Can
- 13) Celebrate Your Differences
- 14) Practice Gratitude
- 15) Show Compassion for Yourself
- 16) Learn Healthy Communication Skills
- 17) Be Willing to Set Boundaries
- 18) Speak up for Yourself
- 19) Take Care of Yourself
- 20) Find Your Passion
- 21) Simplify and Create Balance
- 22) Heal Past Wounds
- 23) Practice Forgiveness
- 24) Show the love you want to others.
- 25) Have patience.
- 26) Practice loving yourself consistently.

ACTIVITY

Each week choose 2 of the Self-Love action items to practice.

Use the following pages to list your self-love items to practice each week.

Small Improvements, Big Results

WEEK ONE:

1) _____

2) _____

ACTIVITY

WEEK TWO:

1) _____

2) _____

WEEK THREE:

1) _____

2) _____

ACTIVITY

WEEK FOUR:

1) _____

2) _____

WEEK FIVE:

1) _____

2) _____

ACTIVITY

WEEK SIX:

1) _____

2) _____

WEEK SEVEN:

1) _____

2) _____

ACTIVITY

WEEK EIGHT:

1) _____

2) _____

WEEK NINE:

1) _____

2) _____

ACTIVITY

WEEK TEN:

1) _____

2) _____

WEEK ELEVEN:

1) _____

2) _____

ACTIVITY

WEEK TWELVE:

1) _____

2) _____

Small Improvements, Big Results

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