



So...you didn't do your hobby

Here's why more tips won't work..yet *Pt.2*



Now you know the main reason why our brains procrastinate i.e. different priorities.

AND the feelings/meanings our brains associate with those tasks. (Shame)



Shame might not even feel like shame at first—it's sneaky, often hiding in the background of our thoughts.

When you feel shame about not showing up for something, it creates resentment toward the task, making it even harder to return...making that *wall of awful* stack higher, faster.



“Guilt is regret or pain
about something we did
or didn’t do for others
(external)

Shame is pain tied to who
we are. (internal)”

Think of **shame** as a vampire (*or tumor*)—it thrives in the darkness, going unnoticed and grows more powerful the more you avoid it.



Practical Action Steps to Address Shame Before Trying Your Hobby Again

- 1. Ask yourself, ‘What priority or need was my brain trying to meet instead of this task?’**
- 2. Release negative meaning: “It’s not about what you didn’t do—it’s about what you can do moving forward.”**
- 3. Find your go-to self-compassion or acceptance practice (below) and use before moving to part 3**