

Tools for responding to your feelings of shame

Journaling can be a very powerful tool throughout your healing process. It is a way to break the silence, to say things out loud, even if you are the only one hearing it. Here are some journal prompts you can use on the topic of shame.

From Brene Brown's work: The first element of shame resilience is recognizing shame and understanding our triggers. Shame has physical symptoms. These might include your mouth getting dry, time seeming to slow down, your heart racing, twitching, tunnel vision. These symptoms are different for everyone.

I physically feel shame in/on my _____

I know I'm in shame when I feel _____

Something that has triggered feeling of shame for me _____

I responded to that feeling of shame with _____

The people in my life who respond with empathy and kindness are _____

As you are working through these feelings, please remember that you are not alone. You are not alone and the abuse you experienced was not your fault.