



# Exploring Shame

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**Innovative**  
Resources



# Acceptance

Exploring  
**Shame**

What does moving on look like?

How could acceptance help?



# Addiction

Exploring  
**Shame**

What is the connection between  
shame and addiction?

What helps break the cycle?



Alone

Exploring  
**Shame**

How does shame cut us  
off from others?

How could you connect,  
even when shame is present?



Anger

Exploring  
**Shame**

What role does anger serve?

What are some healthy ways to  
express frustration?



# Apology

Exploring  
**Shame**

What could an apology look like?

Would self-compassion help?



Blame

Exploring  
**Shame**

Does shame sometimes cause  
us to blame others?

Does revenge really break  
the cycle of pain?



# Blocks

Exploring  
**Shame**

What gets in the way?

What would be easier if the path  
was clear?



Body

Exploring  
**Shame**

What signs does your body give you  
when it is experiencing shame?

What would help you feel good  
about your body?

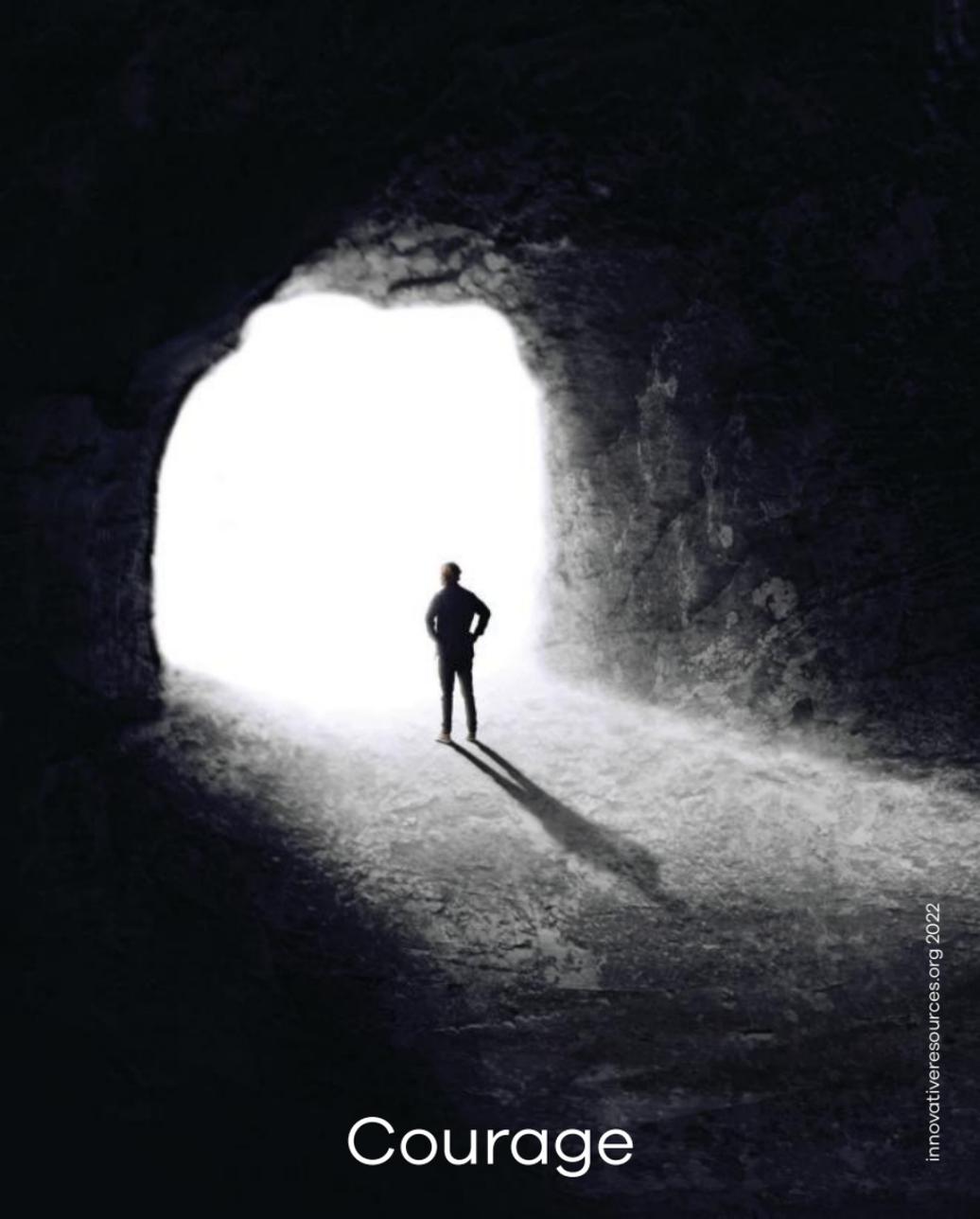


# Connection

Exploring  
**Shame**

Is shame a common experience?

How could you connect with others  
who are experiencing shame?



Courage

Exploring  
**Shame**

What does courage look like?

How could you acknowledge your  
own courage more?



Culture

Exploring  
**Shame**

Have you ever hidden your culture  
or identity?

How does the experience of shame  
vary between cultures?



# Denial

Exploring  
**Shame**

Is there anything being denied?

How can you find the strength to  
face up to what has happened?



Fairness

Exploring  
**Shame**

Has justice been done?

Is there something that would  
increase a sense of fairness?

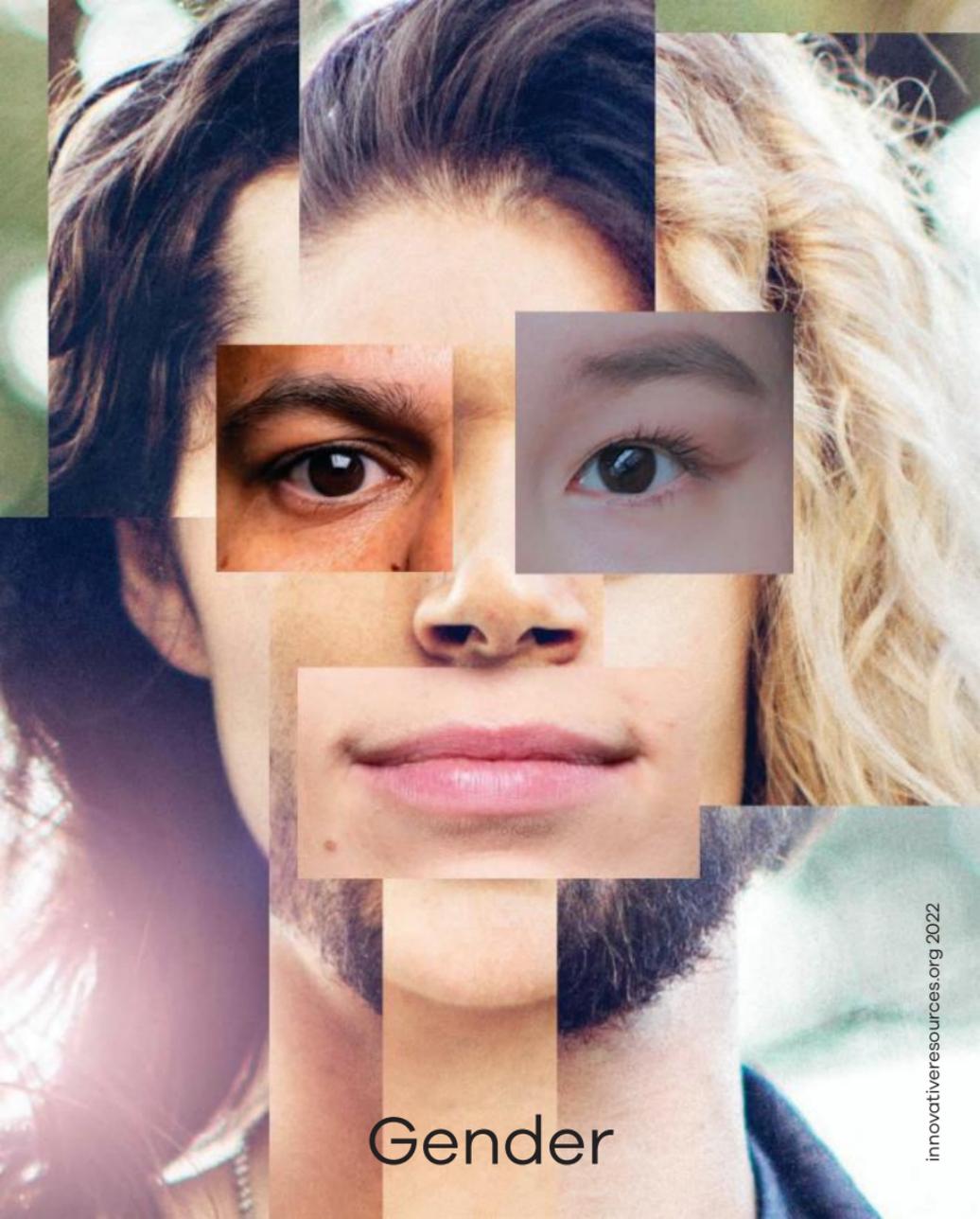


Freedom

Exploring  
**Shame**

How is shame used to  
control others?

What does freedom look like?



Gender

Exploring  
**Shame**

Does gender play a role in how  
people experience shame?

How could challenging gender  
stereotypes help?



Guilt

Exploring  
**Shame**

Does guilt serve a purpose?

How can guilt be released?



Honesty

Exploring  
**Shame**

How does shame silence people?

How can the truth be heard?



Hope

Exploring  
**Shame**

What are your hopes and dreams?

What strengths and skills  
can you draw on?



Letting go

Exploring  
**Shame**

Are you holding on to someone  
else's shame?

What would life be like  
without shame?



Pain

Exploring  
**Shame**

Has the suffering been  
acknowledged?

What are some healthy ways  
to express the pain?



Viva



Patterns

Exploring  
**Shame**

Is there a cycle of shame?

How is shame passed on  
in communities?



Regret

Exploring  
**Shame**

If you could undo something you've  
done, what would it be?

What would making amends  
look like?



# Relationships

Exploring  
**Shame**

How does shame get in the way  
of relationships?

Who else could help?



# Responsibility

Exploring  
**Shame**

Whose responsibility is it?

How do we face up to responsibility?



# Safety

Exploring  
**Shame**

How can we create safety when  
shame is around?

What helps you feel safe?



Self-worth

Exploring  
**Shame**

How could you challenge the voice  
of shame?

Are there times you experience  
feeling worthy?



Sexuality

Exploring  
**Shame**

How are sexuality and shame  
sometimes linked?

What helps release shame  
around sexuality?



# The Future

Exploring  
**Shame**

What needs to happen for you to  
move forward?

What's one small step you could  
take today?



The Past

Exploring  
**Shame**

How is shame passed down through  
the generations?

How can the past weigh on  
the present?



# Vulnerability

Exploring  
**Shame**

Do you need to be brave to  
be vulnerable?

How does acknowledging  
vulnerability help release shame?