



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?

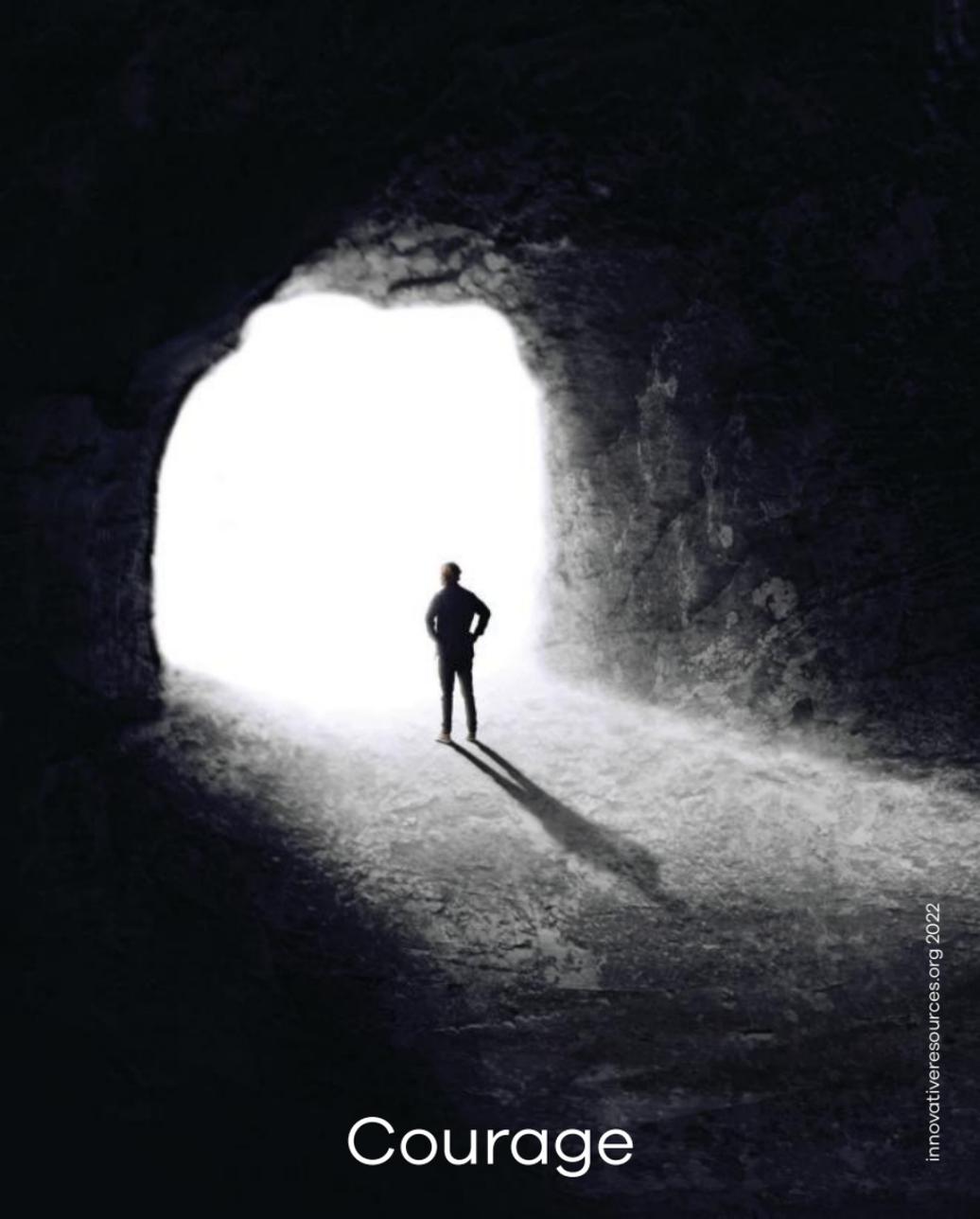


Connection

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?

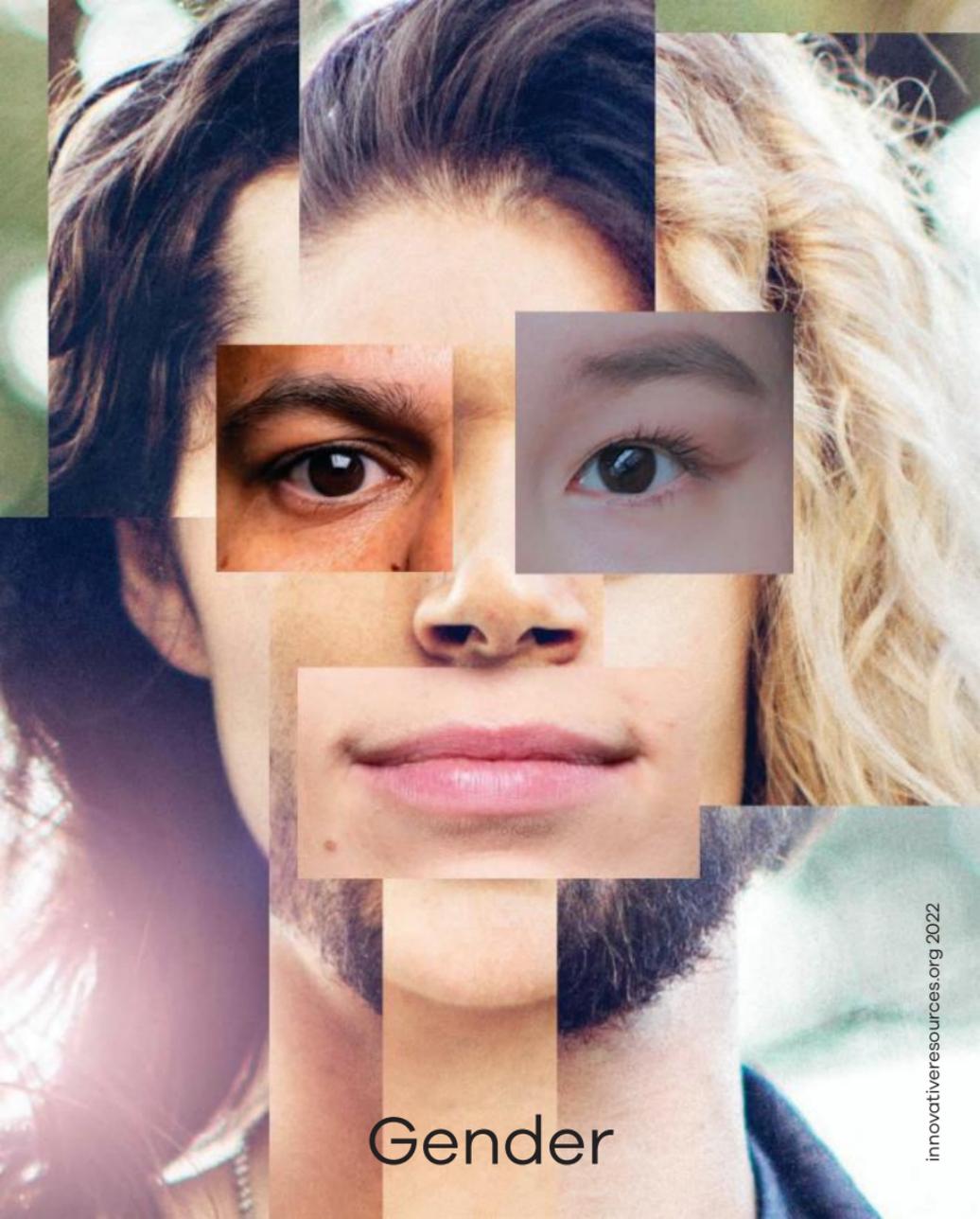


Freedom

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?