

# Embracing My Story

## ACTIVITY 1: MY SHAME IS

- 1) My shame is \_\_\_\_\_
- 2) It tastes like \_\_\_\_\_
- 3) It feels like \_\_\_\_\_
- 4) It sounds like \_\_\_\_\_

**My STORY IS** \_\_\_\_\_

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## ACTIVITY TWO: Visualization Activities

To help deepen your understanding of your story, try and think about how you can shift your shame to healthy shame. These prompts may help you get through the difficult moment and take perspective on what happened.

- 1) Imagine you are speaking to your older and wiser self: What would you tell this person about your shame story, and the steps you took to shift in to a more authentic lifestyle?
- 2) Design a vision board of what you want to happen during this process of living a more authentic life. What does it look like? What is included?
- 3) On one side of the paper, draw a flower (or any other object, car, etc.) of what your current state is, as you address your shame story. On the opposite side, draw another flower (car, etc.) which is representative of your authentic life.

## ACTIVITY THREE: Healthy Shame Mantra

Complete the table to help you claim your healthy shame, so that you may lead a more authentic life.

Attributes	HOW CAN I HAVE ....(list ways)
Self-Compassion	
Responsibility	
Humility	
Big-picture thinking	
Humour	
Reengagement	
Other attributes that you can think of	

**Activity Four: My Healthy Boundaries**

In my life, I believe that relationships must HAVE ...(e.g., trust)

- 1.
- 2.
- 3.
- 4.

How will I incorporate these "MUST HAVES" in my relationship(s)? (e.g., be present, listen, etc.)

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What attributes do I want to see in other people (person) involved in the relationship(s)?

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What are my boundaries in a relationship or relationships? (Up to you – use the previous answers to help you; everyone will be different)

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Plan: (may use a separate page; how can I make this happen? Or CAN BE PART OF A DIG DEEP ACTIVITY

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# DIG DEEP ACTIVITY

Living a wholehearted life requires intention, recognition, and reflection. According to Brown, there are three steps in which one can overcome the pain of shame reactions and live an authentic lifestyle. They are to **GET DELIBERATE, GET INSPIRED, & GET GOING**. You may use this chart to help yourself move from living in shame to being your authentic self.

STEPS	HOW DO IT? WRITE IT DOWN	HOW CAN I DO IT? WRITE IT DOWN	HOW CAN I MAKE IT CONSISTENT? WRITE IT DOWN
<b>GET DELIBERATE</b>	<b>Prioritize</b> – What is important for you to cultivate? Creativity, passion, etc.	<b>Make a list</b> (personalize it!) – What makes you creative, passionate, etc.?	<b>Practice</b> – Write how you will practice being deliberate.
<b>GET INSPIRED</b>	<b>Surround yourself</b> – Surround yourself with meaningful friendships or people who build you up.	<b>Empower yourself</b> – Empower yourself by finding your strengths.	<b>Experience yourself</b> – Experience what you feel during inspiration.
<b>GET GOING</b>	<b>Discover what you want to discover!</b> Join a cooking class or art class with the person or people who build you up.	<b>Take to steps into discovery</b> Set out what you want to do with the people or person you chose to do it with, and notice your strengths as you do this.	<b>Try it consistently</b> Be consistent and notice your growth. Write out your schedule to get going.

Resources: Please FEEL TO USE them...😊

## Books

Brown, B. (2010). *The gifts of imperfection*. Centre City, MN: Hazelton

Brown, B. (2012). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. New York, NY: Gotham Books.

Nathanson. D. (1994). *Shame and Pride*. New York, NY: W.W. Norton

Neff, K. (2014). *Self-Compassion*. New York, NY: William Morrow.

## Websites

[www.courageworks.com](http://www.courageworks.com)

[www.healingshame.com](http://www.healingshame.com)

<http://self-compassion.org/>

## Articles

The Differences between Guilt and Shame.

<https://www.psychologytoday.com/blog/shame/201305/the-difference-between-guilt-and-shame>

Shutting Shame Down. <https://experiencelife.com/article/shutting-shame-down/>

The Roots of Shame. <https://www.psychologytoday.com/blog/is-psychology-making-us-sick/201608/the-roots-shame>

Article Resource Base. <http://psychcentral.com/lib/shame-the-quintessential-emotion/>

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