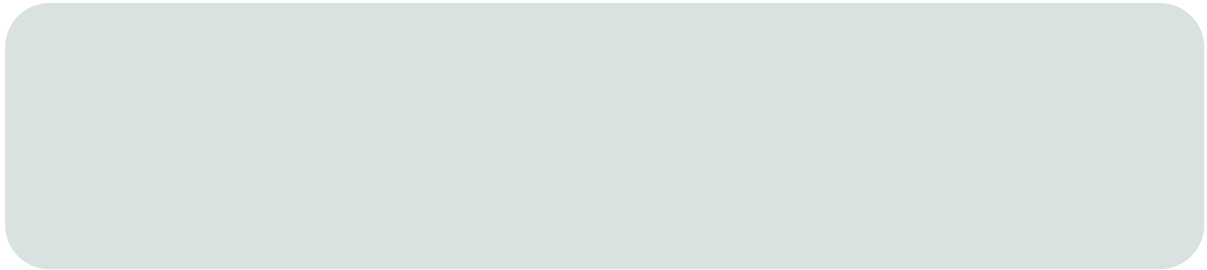
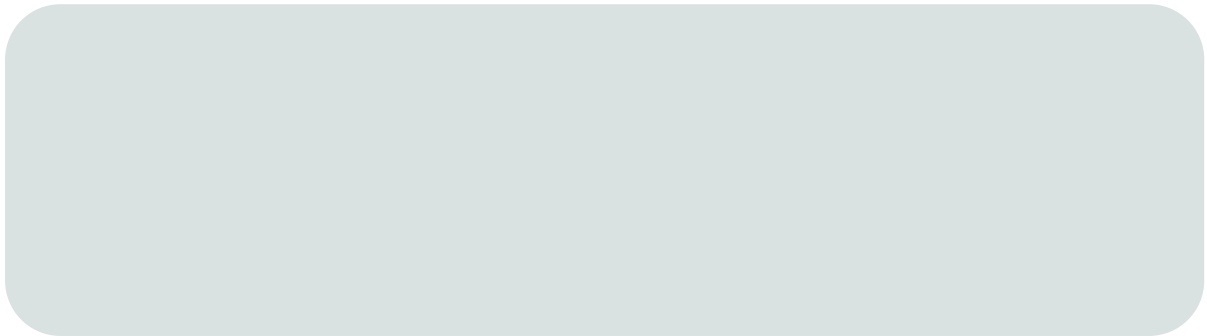


HANDOUT 8.2: EXPLORING SHAME

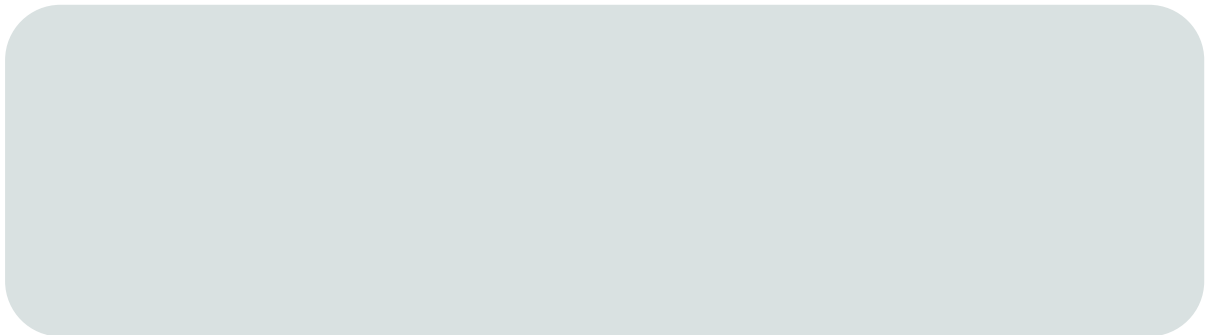
What feelings arose in me when I thought I might have to reveal something I am ashamed of?



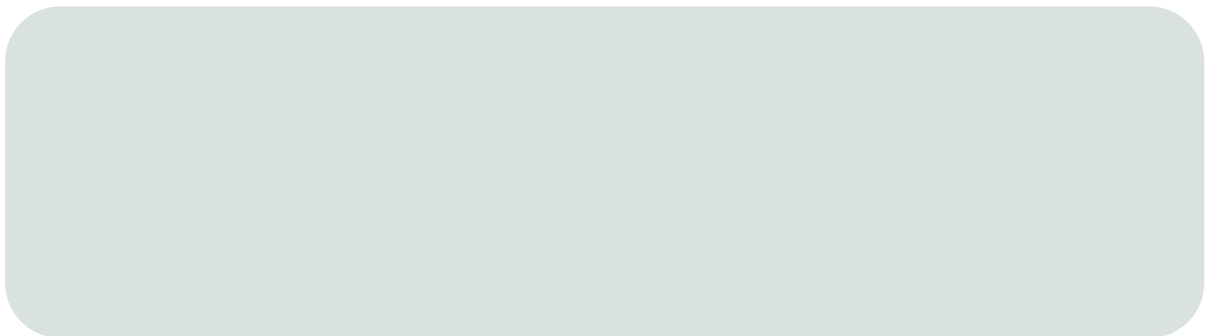
What was happening in my body as I thought I might have to reveal something I am ashamed of?



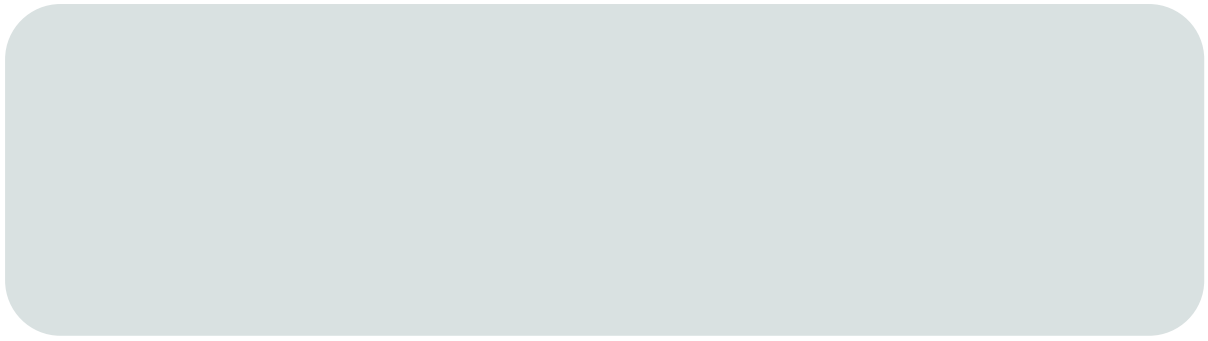
What would other people think and how would they now act to me as a result?



What do I think about myself and how do I act as a result?



How am I going to cope with this situation?



How have these shame fears influenced my life?

