

SHAME

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

Your brain is wired to be social.

You're conditioned to believe that your survival depends on others in the "pack" feeling connected to you and wanting to include you.

When you do something the "pack" might not approve of a signal is sent to your brain; which **makes predictions about what's going to happen.**



SHAME...



Creeps in when you feel vulnerable.

Whispers **scary things of self doubt and self-criticism.**

Stops you from saying what you need from others.

Makes you less willing to stand up for your boundaries.



TIP #1

DEALING
WITH
SHAME

**When you feel shame, ask yourself,
*"What story is shame telling me?"***

Separate fact from fiction. Write down what happened, say it aloud, or even to tell a friend.

Even if you made a mistake, did you intentionally hurt someone?

