

# Shame-Informed REFLECTION

*Understanding Shame's Protective Function*

## *Purpose*

Shame often functions to preserve belonging or safety. This worksheet helps clients explore shame without reinforcing it.

## *Instructions (Client-Facing)*

Move slowly. Pause if emotions intensify.

## *Exploration Prompts*

1.) When shame shows up, I notice the following:

- Sensations:
- Thoughts:
- Urges:

2.) Shame seems to be trying to protect me from:

- Being seen as...
- Being rejected for...
- Feeling...

3.) Growing up, I learned that it was unsafe to:

- Need...
- Express...
- Want...

## *Helpful Reframe*

If shame developed to help me survive, what might it need now to soften?

### **Therapist Tips:**

Pair with grounding before, during, or after this reflection. Normalize shame as adaptive, not defective.