

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.