

Working with Shame IN ED RECOVERY

Understanding Shame's Protective Function



Part 1: Noticing Shame in the Body

(Check any that apply)

When shame shows up for me, I notice it most in my:

- Chest (tight, heavy, collapsed)
- Stomach (knotted, hollow, nauseous)
- Throat (tight, quiet, constricted)
- Face (heat, flushing, wanting to look away)
- Shoulders/back (hunched, heavy)
- Numbness or disconnection
- Other: _____

Right now, the intensity of shame feels like:

(0 = not present, 10 = overwhelming)

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10



Part 2: Understanding the Function of Shame

What is Shame Trying to Do?

(You may circle or underline)

Shame seems to show up when I am at risk of:

- Being seen
- Being judged
- Being rejected
- Needing too much
- Taking up space
- Feeling anger
- Feeling grief
- Wanting something

Shame might be trying to protect me from:

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Part 3: Exploring the Origins of Shame

(Short answers are enough)

Growing up, I learned that it was unsafe to:

Express: _____

Need: _____

Feel: _____

One message (spoken or unspoken) I received about myself was:

“ _____ ”



Part 4: Shame and the Eating Disorder

(Choose one or two to respond to)

The eating disorder helps me manage shame by:

When shame is high, my eating disorder urges me to:

Without shame, I fear I might:

Grounding Reminders

- **You are not broken for having shame.**
- **Shame is not who you are—it is something you learned in order to stay connected or safe.**
- **Healing begins when shame no longer has to work alone.**