



LABEL SHAME AS SHAME

Shame manifests in our lives in a myriad of ways. It's important that each of us knows how shame shows up-so that we can deepen our relationships and heal. Review the list of symptoms associated with shame on the follow page.

SHAME

Identify the symptom(s) you have experiences in the past and circle symptom(s) you're currently experiencing.

ADDICTIONS/COMPULSIONS

You use substances or people to numb shameful feelings and memories. You struggle with lying, avoidance, and maladaptive relational patterns.

CHRONIC DEPRESSION

You've struggled with a low, dark, or sad mood on most day for at least two years. You have chronic hopelessness, sleep disturbances, fatigue, and poor concentration.

COMPARISON/COMPETITION

You constantly compare yourself to others in an attempt to feel superior. You're highly competitive and fee sad or angry when you fail.

DISHONESTY WITH NEGATIVE FEELINGS

You learned as a child to numb feelings related to abuse or family-of-origin pain. You change your strong, distasteful feelings into more acceptable ones. You don't know your relational needs or how to advocate for them, because of emotional numbness. Chronic anxiety often results, which can produce a controlling style of relating.

EXTERNAL FOCUS

You create a perfect public persona due to fear of flaws being exposed. Your self-value depends on others' opinions, which are perceived as more valid than your own. You're achievement driven, often at the expense of others-too busy to relax and have fun.

HYPERCRITICISM

You're cynical or sarcastic, with hatred for others who display traits you also have but don't like. Putting others down makes you feel better. You have unrealistic standards for yourself and others that can't be met, and you have difficulty forgiving.

INABILITY TO ACCEPT CRITICISM

You're unable to accept even constructive criticism. When you accept fault, it leads to shame, which keeps you from admitting and owning mistakes.

INABILITY TO ACCEPT RESPONSIBILITY

You shift blame onto others; you can't admit fault for another's pain. You seldom say you're sorry.

INSECURITY/JEALOUSY

You feel inferior to others, and you're prone to making comparisons. The achievements of others make you uncomfortable and defensive.

INTIMACY SABOTAGING

You have an intense fear of personal exposure, and you use avoidance and anger to keep others at comfortable distances. It's hard to trust people and show your real self.

LOW SELF-ESTEEM

You struggle to accept the fact that you're made in the image of God and are intrinsically worthy, regardless of achievements or other's opinions.

SELF-FOCUS

You feel insecure, and you feel as though others are always focusing on you. It's hard to accept different opinions, thoughts, and feelings of others.

SENSE OF NOT BELONGING

You desperately long for acceptance and love, you fear intimacy, and create a push-pull relational pattern. You constantly feel as if you don't fit in.

SHALLOWNESS

You hide your true self behind superficiality in relationships. You avoid any relational closeness, openness, or vulnerability that could lead to real intimacy. You're chronically unsatisfied.