

Shame Resilience Theory

Client Information	
Name:	Age:
Gender:	Date:
I. Identifying Shame Triggers	
A. Common sources of shame (check all that apply):	
Societal/cultural expectations	Rejection or stigmatization
Traumatic experiences	Other:
Personal failures/perceived flaws	
B. My personal shame triggers:	
1.	
2.	
3.	
II. Cultivating Self-Compassion	
A. Self-compassion mantra:	
B. Self-compassion letter: <i>(Write a letter to yourself from the perspective of a compassionate friend)</i>	
C. Mindfulness exercise: <i>(Describe a mindfulness practice you can do when feeling shame)</i>	

III. Challenging Negative Self-Talk

A. Negative self-talk patterns I notice:

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B. Positive self-statements to replace negative self-talk:

1.

2.

3.

C. Thought-stopping technique: (e.g., snapping a rubber band, saying "Stop!")

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IV. Building a Support System

A. Trusted individuals I can share experiences with:

1.

2.

3.

V. Practicing Vulnerability

A. An imperfection I struggle to embrace:

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B. A boundary I need to set:

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VI. Developing Emotional Awareness

A. Emotions I tend to experience with shame:

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B. Mindfulness exercise for emotional awareness:

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VII. Self-Care and Resilience-Building Activities

A. Physical self-care activities:

1.

2.

B. Emotional self-care activities:

1.

2.

C. Mental self-care activities:

1.

2.

D. Resilience-building activities:

1.

2.

VIII. Seeking Professional Support

A. Reasons I may need to seek professional support:

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B. Type of professional support I'm interested in:

Individual therapy

Support group

Other:

Reference

Brown, B. (2006). Shame resilience theory: A grounded theory study on women and shame. *Families in Society*, 87(1), 43-52. <https://doi.org/10.1606/1044-3894.3483>