

Shame Worksheets

Shame is feeling bad about yourself as a person. Examples of statements that may indicate shame include: “I am worthless”, “I am unlovable”, and “I am broken”.

Shame is a defense mechanism useful in the past to keep oneself safe, but it can cause problems in relationships and life when its presence is no longer necessary.

By ‘checking the facts’, you can determine if emotions like guilt or shame are justified, which will help determine what’s needed to resolve it.

Emotion Name:	
Prompting Event:	
Intensity (1-100):	

What are the facts?

What are the interpretations (thoughts, beliefs, etc.)?

Checking the facts:

Reframe:

Action:

7-Step Process for Dealing with Guilt & Shame

Step 1: Reflect on Specific Actions or Behaviors

- What specific actions or behaviors are causing the guilt or shame?
- How do these actions or behaviors align with my values and beliefs?

Step 2: Examine the Facts of the Situation

- Is the guilt or shame fitting the facts of the situation?
- Is the guilt or shame appropriate and warranted given the circumstances?

Step 3: Consider the Potential Consequences

- What harm or violations of important values or morals have my actions caused?
- How might my actions affect others?

Step 4: Reflect on Thoughts and Feelings

- What thoughts and feelings accompany the guilt or shame?
- Are these thoughts and feelings realistic, based on facts, or exaggerated and distorted?

Step 5: Seek Feedback from Trusted Individuals

- Who are some trusted individuals such as friends, family, or a therapist I can talk to for feedback?

Step 6: Determine if Guilt or Shame is Justified or Unjustified

- Based on the information gathered in steps 1-5, is the guilt or shame justified or unjustified?

Step 7: Take Appropriate Action

- If the emotion is justified, what steps can I take to repair the transgression, apologize, commit to avoiding the same mistake in the future, and accept the consequences of my behavior?
- If the emotion is unjustified, how can I apply 'opposite action?'