

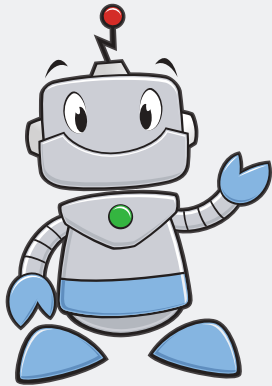
SHAME

A TINY GUIDE



SOURCE MATERIAL BY
**MEGAN
SAXELBY**

**CREATING
A CULTURE
OF DIGNITY**



**Think back to when you
were a baby trying
something for the first
time.**

***Walking, holding a spoon,
rolling over, laughing, and
smiling.***



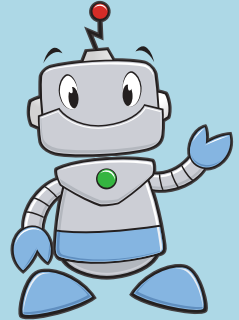
Here's a list of things no one said to you:

Hurry it up you stupid baby!

Yuck, this baby is disappointing.

This baby is worthless, I want another one.

Hey! Come look! This stupid baby can't do this. Isn't it stupid? Hahahahahahaha.



BREAKING NEWS

LIVE

People don't judge babies.
More importantly, when you were
a baby, you didn't care about
what other people thought.

You were just hanging out doing
baby things and drooling, living
your best life.



SO...WHAT HAPPENS?

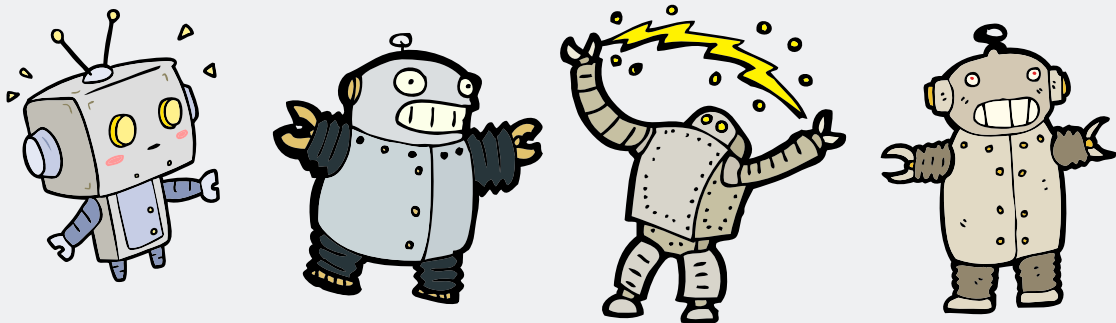


As you get older you...

Are connected to more people.

Value your relationships with others.

Care more about how other people think
about ***you***.



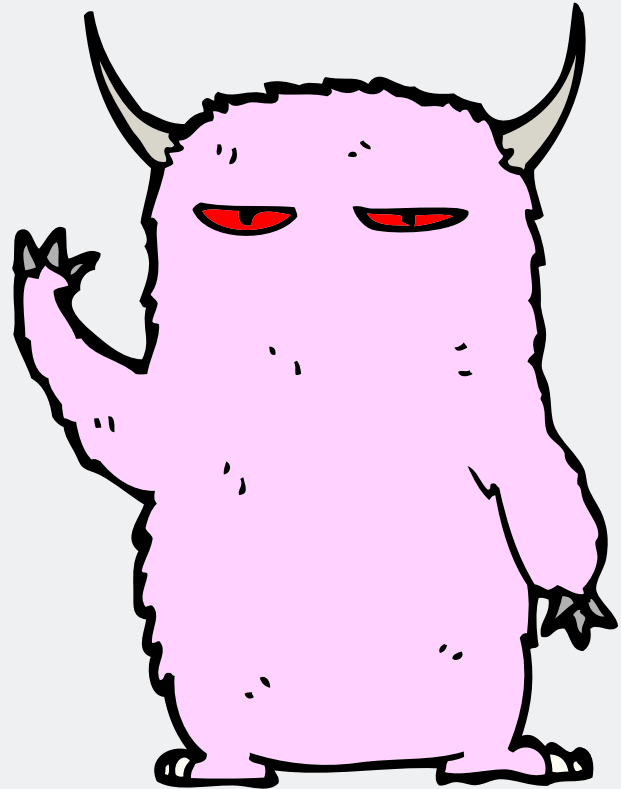
And that means...

We can worry that
people won't approve of us.

Or that we only matter if other
people believe we do.



Which
introduces a
new emotion
into our brains:



SHAME



**Hi! I'm the Shame
Monster. I like to creep
in and plant false
stories in your head
that make you feel
bad!**



SHAME is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.

- Brene Brown

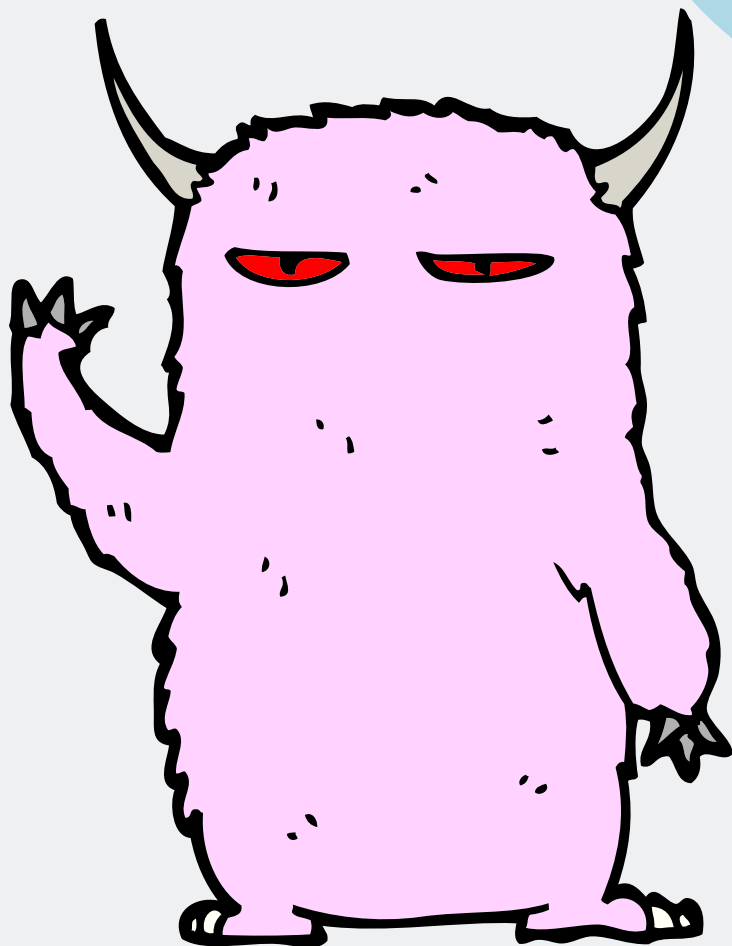


Your brain is wired to be social.

You're conditioned to believe that your survival depends on others in the "pack" feeling connected to you and wanting to include you.

When you do something the "pack" might not approve of a signal is sent to your brain; which **makes predictions about what's going to happen.**





That's where I come in. I mess with those predictions. I make your brain predict bad things.

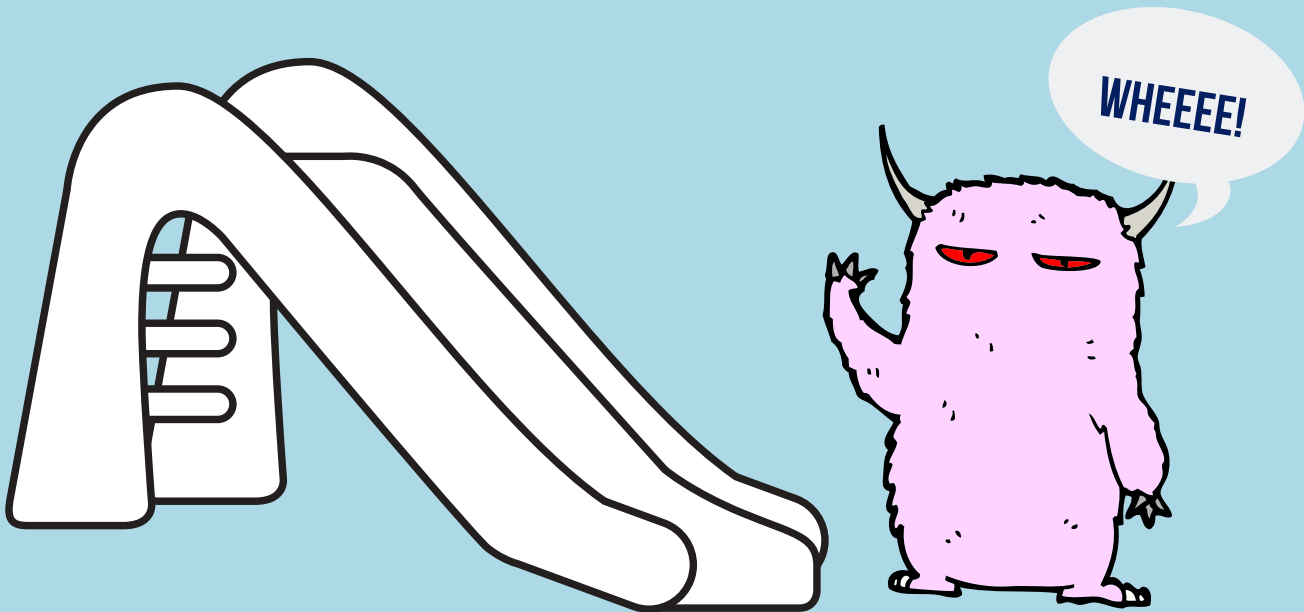


**It's really hard for
you to stop the bad
predictions **SHAME**
makes.**

*You can feel flooded with
fear, doubt, dread, anxiety,
vulnerability, and lots of
other emotions.*



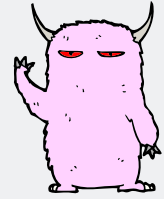
**And off you go,
down the slide of
self-doubt.**



WHAT DOES **SHAME** DO ?



SHAME...



Creeps in when you feel vulnerable.

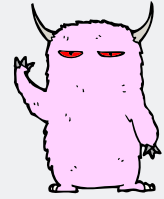
Whispers **scary things of self doubt and self-criticism.**

Stops you from saying what you need from others.

Makes you less willing to stand up for your boundaries.



SHAME...



Is tricky.

Wants you to believe you need the validation of others to think you're worthy.

It's good at convincing you to **protect yourself by blaming others**, lying, and not taking responsibility for your actions.



3 TIPS FOR DEALING WITH **SHAME**



TIP #1

DEALING
WITH
SHAME

**When you feel shame, ask yourself,
*"What story is shame telling me?"***

Separate fact from fiction. Write down what happened, say it aloud, or even tell a friend.

Even if you made a mistake, did you intentionally hurt someone?



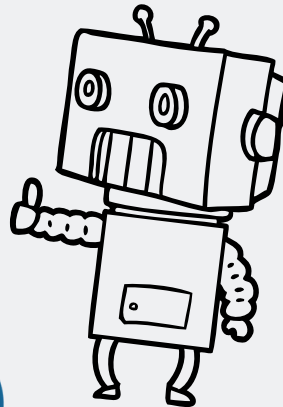
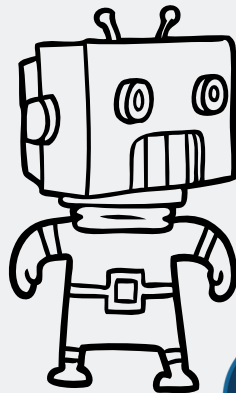
TIP #2

DEALING
WITH
SHAME

Empathy and connection are the ladders out of shame.

You can write about it or talk about how you feel with someone.

I feel bad



Mistakes
happen, I
still love
you



TIP #3

DEALING
WITH
SHAME

**Come up with a code word
when you're going down the
slide of self-doubt.**

For example, saying "hedgehog" over and over may feel weird, but it **forces your brain to stop fixating and pay attention this new information.** Making a little distance between you and the feeling helps you stop feeling controlled by it.



SHAME wants you to stay small.

Don't fall for its tricks.



**And remember, no one
makes fun of a baby.**



YOU MATTER.

YOUR EMOTIONS MATTER.

OTHER PEOPLE MATTER.

