

## Processing Shame Worksheet

1. Process the emotions

- A. What emotion did I feel (see Emotions Chart)? \_\_\_\_\_
- B. What is the underlying need (see Hierarchy of Needs)? \_\_\_\_\_
- C. How can I meet that need in a healthy way (NOT how someone else can meet the need for me – if it involves others, have a two back up plans)?

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2. Process the shame

- A. What was the message attached to the emotion? \_\_\_\_\_
- B. Where did I get that message from (person, group, or organization)?

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- C. Did that person, group, or organization mean to send it? If so, what did they get from delivering that message?

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- D. How did that message influence my life?

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- E. Are there any parts of that message that I feel would be helpful to keep? If so, what?

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- F. What would I like to change the rest of the message to and what steps can I take to do that?

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