

Shame Resilience Theory

Client information

Name:

Age:

Gender:

Date:

Identifying shame triggers

A. Common sources of shame (check all that apply):

- Societal/cultural expectations
- Traumatic experiences
- Personal failures/perceived flaws
- Rejection or stigmatization
- Other:

B. My personal shame triggers:

1.

2.

3.

Cultivating self-compassion

A. Self-compassion mantra:

B. Self-compassion letter:

(Write a letter to yourself from the perspective of a compassionate friend)

C. Mindfulness exercise:

(Describe a mindfulness practice you can do when feeling shame)

Challenging negative self-talk

A. Negative self-talk patterns I notice:

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

1.
2.
3.

C. Thought-stopping technique:

(e.g., snapping a rubber band, saying "Stop!")

Building a support system

A. Trusted individuals I can share experiences with:

1.
2.
3.

Practicing vulnerability

A. An imperfection I struggle to embrace:

B. A boundary I need to set:

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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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.

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:

Brown, B. (2006). Shame resilience theory: A grounded theory study on women and shame.

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