

Four Elements of Shame Resilience:

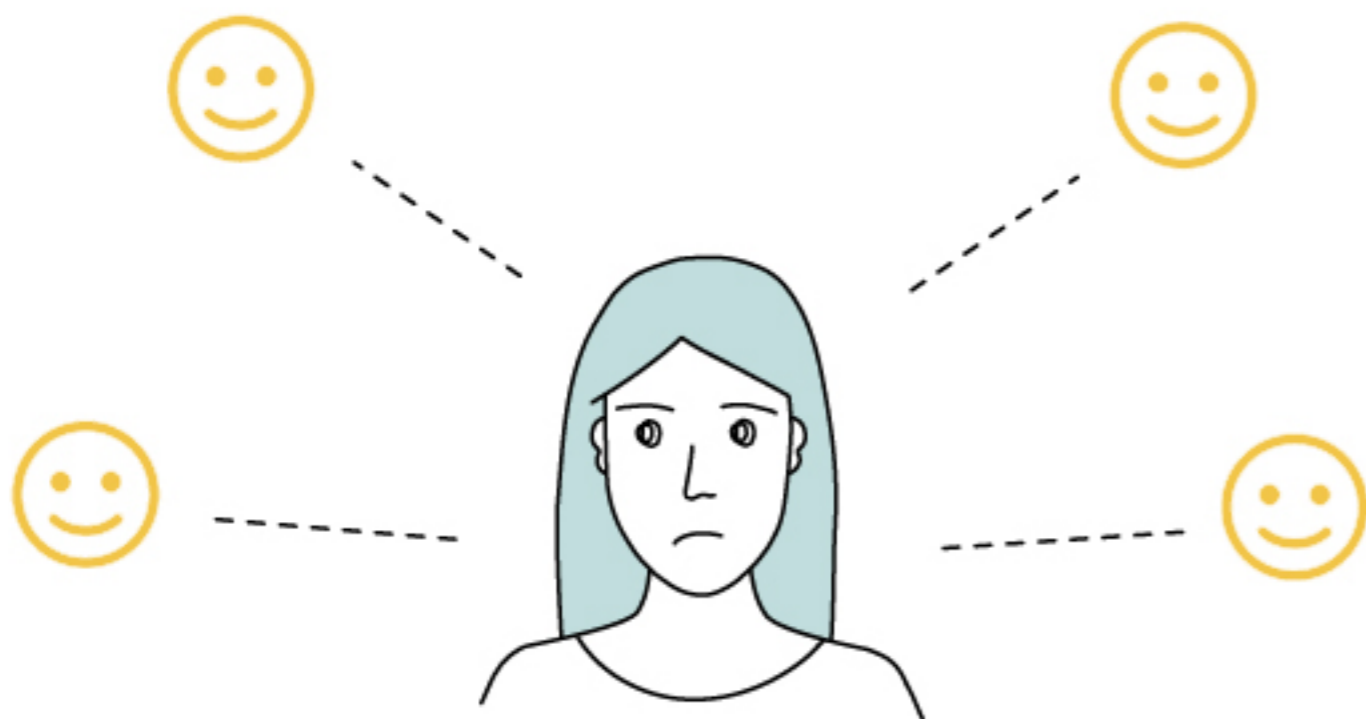
1. Recognizing shame and understanding your shame triggers.



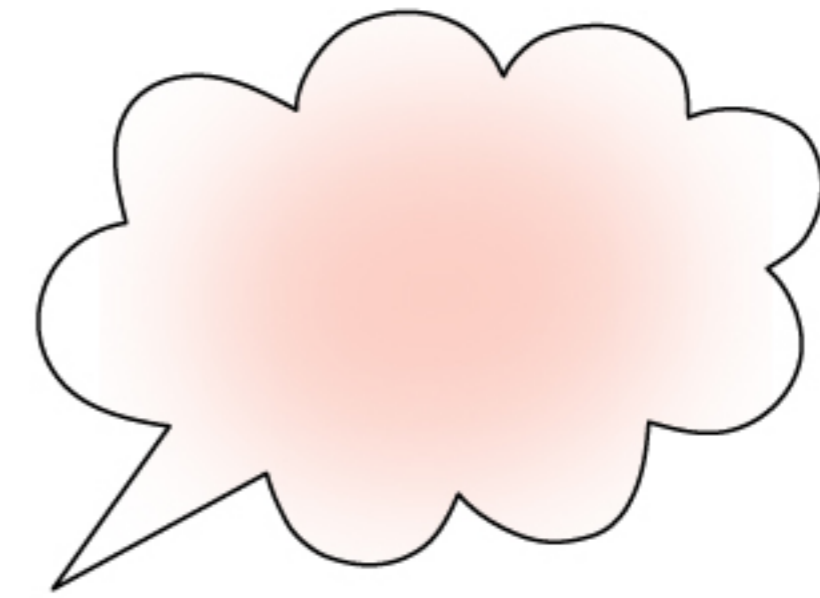
2. Practicing critical awareness of yourself, your environment, and the way things work.



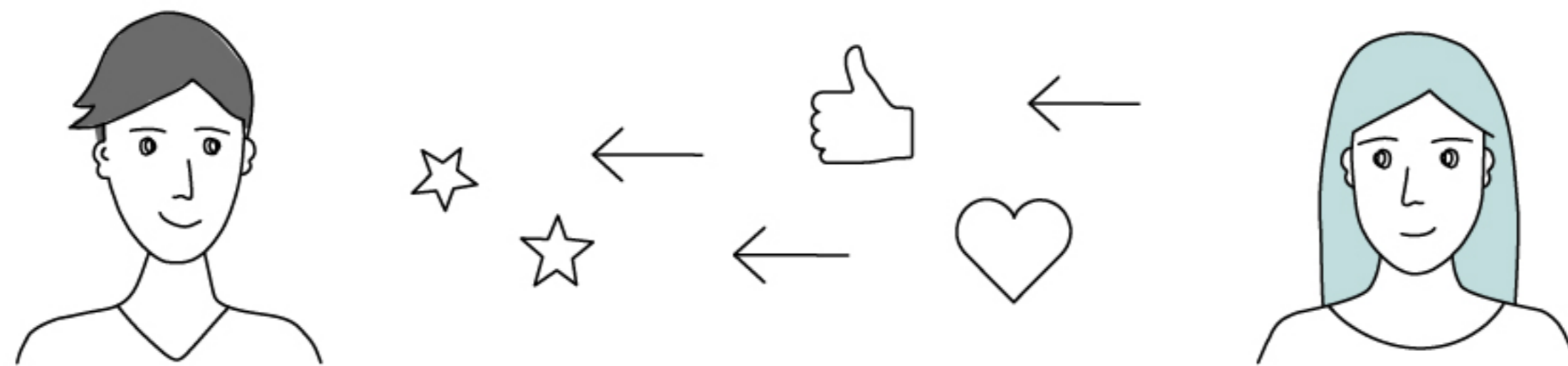
3. Reaching out to others and sharing yourself and your stories.



4. Speaking about shame to keep it from flying under the radar.

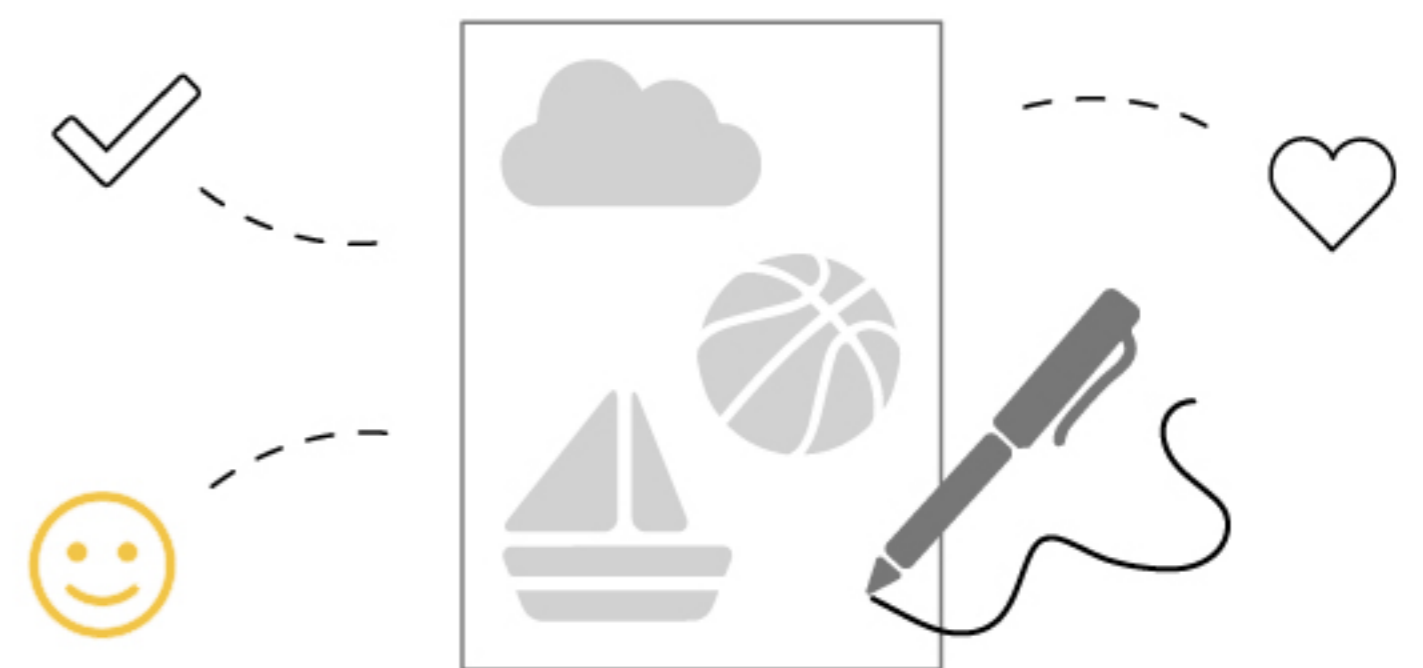
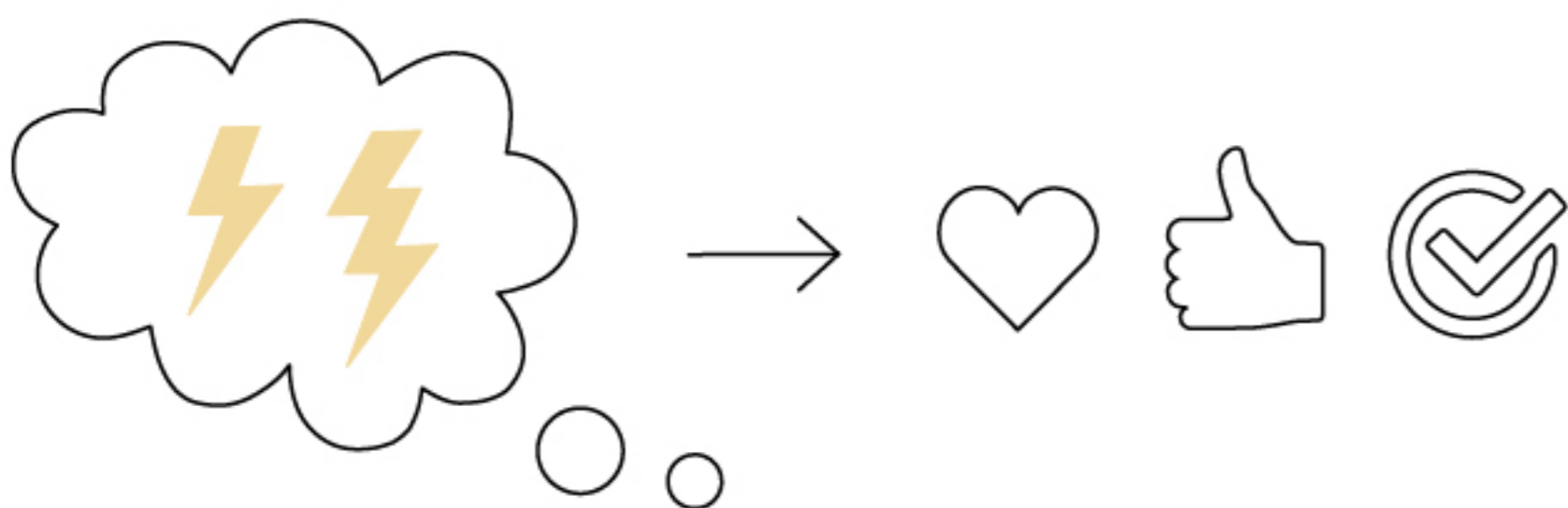


How would you treat a friend? An exercise that encourages you to consider treating yourself the way you would treat a beloved family member or friend.



Self-compassion break. Think of a situation causing you stress or pain, acknowledge your suffering, remind yourself that suffering is a part of life, and commit to being kind, forgiving, or patient with yourself.

Self-compassion journal. Take a few minutes to go over what happened each day, applying the principles of mindfulness, common humanity, and self-kindness.



Taking care of the caregiver. Practice meeting your own needs and allow yourself to relax and recharge.

The Daring Way. Try this new program to facilitate the development of your shame resiliency skills and enhance your quality of life.

