

## Treating Shame: Five Aspects

### THINKING

Psycho-education:

Shame is an emotion

Shame freezes us

Shame reactions: Attack self or other, withdraw, avoid

Positive intention and reframe

Separate shame from other emotions

Use logic to establish current reality

Experiment with positive self-talk

Name and acknowledge strengths

### IMAGINING

Parts: *a part of you feels shame, and a part of you feels...*

Externalise: *put shame into an object & dialogue with it*

Discharge anger in the imaginal realm

Develop curiosity

Engage with symbols and metaphors

Imagine new, different, parents with loving hearts & kind eyes

Find new perspectives:

*What would a truly loving friend say?*

*What would your higher self / guardian angel say?*

*How will you see this in 1 month, 1 year, 10 years?*

### GUIDING

Compassionate Objectivity

Orchestrating All Aspects

Fully Present

Centred and Grounded

Attuned and Empathic

### FEELING

Only stay for as long as the client can tolerate it

*What you feel, you can heal*

Slow down, and take conscious pauses

Self soothing

Exhale

Stroking or holding self

*What are you feeling right now*

*What is happening in your body*

*What happens if you....(sit taller / look up etc.)*

### RELATING

Repeat: to demonstrate you hear them

Normalising

Find common ground

Reveal self, appropriately

Kindness, celebrating and blessing

*I have felt something like that*

*We are all flawed, that is a very human thing to feel*

*That touches me*

*How is it to share that with me?*