

HOW TO TRANSFORM SHAME WITH SELF-COMPASSION?



STEP 1 UNDERSTAND "THE NATURE OF SHAME"

Shame is normal. Shame is the brain's way of dealing with the threat of disconnection.



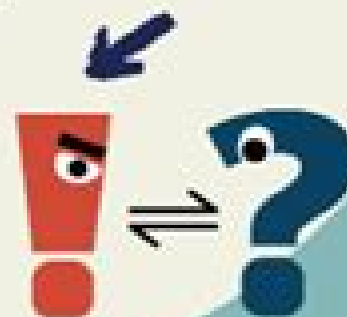
STEP 2 LABEL SHAME

Labeling is like putting a frame around a picture. It helps you recognize the object more clearly and it gives you greater focus.



STEP 3 REPLACE JUDGMENT WITH CURIOSITY

Try to hold your experience with curiosity rather than judgment. Curiosity about your emotions can help you shift into a more caring and understanding perspective.



STEP 4 ACKNOWLEDGE YOUR INNER CRITIC

It is helpful to be aware that your inner critics often like to chime in and amplifies your



Shame And The Self

Julia Schneider



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