



# “SHAME RESILIENCE: GET OUT OF YOUR SHAME AND INTO YOUR LIFE!”



## WHAT IS SHAME?

Shame is a common, powerful experience that is associated with depression, grief, eating disorders, substance abuse, anxiety, and violence. The experience of shame can be pervasive throughout various aspects of our life and feel intensely painful.

“WHAT WE DON'T NEED IN THE MIDST OF STRUGGLE IS SHAME FOR BEING HUMAN.”  
- BRENE BROWN

## WHAT IS SHAME RESILIENCE?

Shame Resilience can allow us to move towards more empathic responses to shame and less powerful shame experiences. Elements of Shame Resilience include:

- 1) Recognizing our shame and its triggers (e.g., physical, situational).
- 2) Practicing critical awareness.
- 3) Reaching out and sharing our story.
- 4) Speaking about our shame (with courage and compassion, for connection).



SEE “SERVICES” PAGE  
FOR GROUP MEETING DETAILS!

## GROUP TOPICS

- Week 1: Understanding Shame
- Week 2: Shame Triggers
- Week 3: Culture of Scarcity
- Week 4: How We Disengage & Disconnect
- Week 5: Vulnerability Myths
- Week 6: Running from Vulnerability
- Week 7: Trust & Trustworthiness
- Week 8: How We Become Shame Resilient