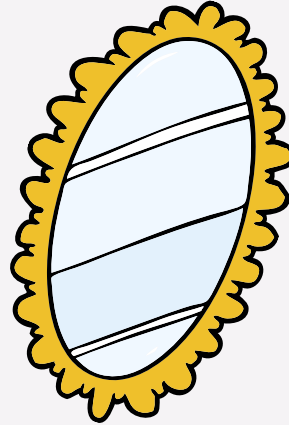


Shame Meets A Safe Space

Often times shame hides because we don't create a space for our true feelings to be expressed. Take this time to give yourself permission to be heard.



Set The Tone

- Make some tea or coffee
- Put your phone on DND
- Put some relaxing music on
- Sit in front of the mirror

I AM Statements

Say these to yourself:

"I AM worthy"

"My pain deserves to be heard and healed"

"I give myself permission to work through my emotions."



Fears

Talk to yourself about your fears behind the shame you feel.

(yes, it might feel weird at first)

Just have an open conversation with yourself about how you feel and try your best not to judge yourself, your emotions, and your thoughts. Refer to the I AM statements to support yourself.

Hope

Talk to yourself about what your hopes are when you release shame.

What emotion do you hope will fill its place?

What does hope and peace look like for you?