

Shame Resilience Workbook

Building Strength Through Understanding and Practice

SEL Academy Learning

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1. Understanding Shame

What is Shame?

Shame is a painful emotion resulting from the consciousness of something dishonorable, improper, ridiculous, or wrong in one's behavior or circumstances. Unlike guilt, which focuses on behavior ("I did something bad"), shame focuses on the self ("I am bad").

Characteristics of Shame

- **Self-focused:** Shame makes us feel fundamentally flawed or unworthy
- **Isolating:** Shame drives us to hide and disconnect from others
- **Global:** Shame affects our entire sense of self, not just specific behaviors
- **Painful:** Shame creates intense emotional and often physical discomfort
- **Contagious:** Shame can be transmitted through relationships and culture

Shame vs. Guilt vs. Embarrassment

Emotion	Focus	Message	Duration	Impact
Shame	Self ("I am bad")	"I am flawed/unworthy"	Long-lasting	Damages self-worth, isolates
Guilt	Behavior ("I did bad")	"I made a mistake"	Temporary	Motivates repair, learning
Embarrassment	Social situation	"That was awkward"	Brief	Minor discomfort, passes quickly

The Impact of Chronic Shame

Chronic shame can lead to:

- Anxiety and depression
 - Low self-esteem and self-worth
 - Difficulty forming and maintaining healthy relationships
 - Perfectionism and fear of failure
 - Substance misuse and addictive behaviors
 - Physical health problems (due to chronic stress)
 - Avoidance of vulnerability and authenticity
-

2. The Neuroscience of Shame

How Shame Affects the Brain

When we experience shame, several brain regions are activated:

- **Amygdala:** The brain's threat detection center goes on high alert
- **Prefrontal Cortex:** Rational thinking and perspective-taking become impaired
- **Insula:** We experience visceral feelings of disgust (often toward ourselves)
- **Anterior Cingulate Cortex:** Social pain is processed similarly to physical pain

Shame and the Nervous System

Shame triggers the **sympathetic nervous system** (fight-flight-freeze response):

- **Fight:** Anger, defensiveness, blaming others
- **Flight:** Avoidance, withdrawal, hiding
- **Freeze:** Feeling stuck, numb, unable to respond

Neurochemical Dysregulation

Shame disrupts the balance of key neurochemicals:

- **Dopamine** ↓ (motivation, pleasure)
- **Oxytocin** ↓ (connection, trust)

- **Endorphins** ↓ (joy, pain relief)
 - **Serotonin** ↓ (mood stability, contentment)
 - **Cortisol** ↑ (stress hormone)
-

3. Trauma and Adverse Childhood Experiences (ACEs)

What is Trauma?

Trauma refers to the emotional response someone has to an extremely negative event or series of events that overwhelms their ability to cope. Trauma can be:

- **Acute:** Single event (accident, assault, natural disaster)
- **Chronic:** Repeated events (ongoing abuse, neglect)
- **Complex:** Multiple types of trauma, often interpersonal

Adverse Childhood Experiences (ACEs)

ACEs are stressful or traumatic events occurring in childhood (ages 0-17), including:

Abuse:

- Physical abuse
- Emotional/psychological abuse
- Sexual abuse

Neglect:

- Physical neglect
- Emotional neglect
- Educational neglect

Household Dysfunction:

- Witnessing domestic violence
- Substance abuse in the home

- Mental illness in the home
- Parental separation or divorce
- Incarcerated household member

The ACE Study Findings

Research shows that ACEs are:

- **Common:** About 61% of adults experienced at least one ACE
- **Cumulative:** The more ACEs, the higher the risk for negative outcomes
- **Long-lasting:** ACEs impact health and well-being throughout the lifespan
- **Preventable:** Protective factors can mitigate ACE effects

ACEs and Health Outcomes

Higher ACE scores are associated with increased risk for:

- Mental health problems (depression, anxiety, PTSD)
- Substance misuse and addiction
- Chronic physical illnesses (heart disease, diabetes, cancer)
- Relationship difficulties
- Lower educational and economic achievement

Trauma and Shame

Trauma and shame are deeply interconnected:

- Trauma often generates shame (“It was my fault,” “I’m damaged”)
 - Shame can be traumatic in itself (especially public humiliation)
 - Unprocessed shame can become traumatic over time
 - Healing trauma requires addressing shame
-

4. Counter ACEs: Building Protective Factors

What are Counter ACEs?

Counter ACEs are positive childhood experiences that can help mitigate the effects of adverse experiences. They involve:

- Presence of caring adults
- Supportive relationships
- Opportunities for positive development
- Safe, stable environments

The Four Categories of Counter ACEs

1. Safe, Stable Relationships

Consistent, caring adults who provide emotional support and guidance:

- At least one unconditionally supportive parent or caregiver
- Trusted teacher, coach, or mentor
- Supportive extended family members
- Positive peer relationships

2. Opportunities for Growth

Chances to develop skills, interests, and sense of competence:

- Participation in sports, arts, or clubs
- Academic support and encouragement
- Development of special interests or talents
- Opportunities for leadership and responsibility

3. Community Connection

Sense of belonging to something larger than oneself:

- Involvement in faith or spiritual community

- Participation in community organizations
- Neighborhood support and safety
- Cultural or ethnic community connection

4. Access to Support

Resources for mental health, education, and basic needs:

- Access to mental health services
- Quality education and school support
- Safe housing and food security
- Healthcare access

The Power of Counter ACEs

Research shows that Counter ACEs:

- **Buffer** against the negative effects of ACEs
- **Build** resilience and coping skills
- **Promote** healthy development and well-being
- **Protect** against mental and physical health problems

Key Finding: Even one strong, supportive relationship can make a significant difference in a child's life trajectory.

5. Shame Resilience Strategies

Strategy 1: Recognize and Name Shame

Why it matters: Awareness is the first step to resilience. When we can identify shame, we can respond to it intentionally rather than reactively.

Practices:

1. **Notice physical sensations:** Heat in face/chest, tightness, wanting to hide or disappear

2. **Identify triggers:** What situations, people, or thoughts tend to trigger shame?
3. **Distinguish shame from other emotions:** Is this shame, guilt, embarrassment, or something else?
4. **Name it:** Say to yourself, “I’m feeling shame right now”

Reflection Exercise:

Describe a recent time you felt shame. What physical sensations did you notice? What thoughts went through your mind? What did you want to do?

Strategy 2: Practice Self-Compassion

Why it matters: Self-compassion is the antidote to shame. It involves treating yourself with the same kindness, care, and understanding you would offer a good friend.

The Three Components of Self-Compassion (Dr. Kristin Neff):

1. **Self-Kindness:** Being warm and understanding toward ourselves when we suffer, fail, or feel inadequate
2. **Common Humanity:** Recognizing that suffering and imperfection are part of the shared human experience
3. **Mindfulness:** Holding our painful thoughts and feelings in balanced awareness

Practices:

1. **Use compassionate self-talk:** Replace self-criticism with kind, supportive language
2. **Recognize common humanity:** “Everyone makes mistakes,” “I’m not alone in this”
3. **Practice self-kindness:** What would you say to a friend? Say it to yourself
4. **Challenge internalized shame messages:** Question beliefs like “I’m not good enough”

Self-Compassion Exercise:

Write a letter to yourself from the perspective of a compassionate friend. What would they say about your situation? How would they remind you of your worth?

Strategy 3: Reach Out for Connection

Why it matters: Shame thrives in secrecy and isolation. Connection is the antidote. Sharing our shame with trusted others reduces its power and reminds us we're not alone.

Practices:

1. **Identify trusted people:** Who in your life can hold your story with empathy and without judgment?
2. **Share your experience:** "I'm struggling with feeling ashamed about..."
3. **Seek support:** Friends, family, therapist, support group
4. **Remember:** You are not alone in your experience

Connection Reflection:

List 3-5 people you trust to share vulnerable feelings with. What makes them safe? When could you reach out to one of them?

Strategy 4: Challenge Shame Narratives

Why it matters: Shame tells us stories about our unworthiness. These narratives are often distorted, exaggerated, or simply untrue. Challenging them helps us see ourselves more accurately and compassionately.

Practices:

1. **Identify shame-based beliefs:** "I am bad," "I'm unworthy," "I don't belong"
2. **Examine the evidence:** What evidence supports this belief? What evidence contradicts it?
3. **Reframe with compassion:** How might you view this situation differently?
4. **Separate behavior from identity:** What you did ≠ who you are

Cognitive Reframing Exercise:

Shame-Based Thought	Evidence For	Evidence Against	Compassionate Reframe
“I’ m a failure”			
“I’ m unlovable”			
“I don’ t belong”			

Strategy 5: Build Shame Resilience Skills

Why it matters: Shame resilience is not about never feeling shame—it’ s about developing the skills to move through shame more quickly and with less suffering.

Practices:

1. **Cultivate self-awareness:** Notice shame triggers and patterns
2. **Develop emotional literacy:** Expand your emotional vocabulary
3. **Practice vulnerability:** Share authentically in safe relationships
4. **Engage in activities that build self-worth:** Pursue interests, develop skills, contribute to others

Resilience Building Plan:

Choose one practice from each category to focus on this week:

- Self-awareness practice: _____
- Emotional literacy practice: _____
- Vulnerability practice: _____
- Self-worth building activity: _____

Strategy 6: Create Shame-Free Environments

Why it matters: We can’ t control all the environments we’ re in, but we can influence many of them—and we can create shame-free spaces for ourselves and others.

Practices:

1. **Model vulnerability and authenticity:** Share your own learning process and mistakes
2. **Respond to mistakes with empathy:** “It’s okay to make mistakes; that’s how we learn”
3. **Celebrate diversity and difference:** “Your uniqueness is valuable”
4. **Challenge shaming behaviors:** Speak up when you witness shaming language or actions

Environment Assessment:

Rate the environments you’re regularly in (work, home, school, etc.) on a scale of 1-10 for “shame-free-ness.” What could make them more shame-free?

6. Shame and the DOES-C Neurochemicals

Dopamine (Drive & Delight)

Impact of Shame: Shame depletes dopamine, leading to loss of motivation, anhedonia (inability to feel pleasure), and difficulty pursuing goals. Chronic shame can create a sense of helplessness and hopelessness.

Healing Activities:

- Set small, achievable goals and celebrate wins
- Engage with special interests and passions
- Practice self-reward for effort, not just outcomes
- Try new activities that spark curiosity
- Use visual progress tracking to see growth

ROYGBIV Connection: Orange (Creativity) - Reframe shame narratives creatively; Yellow (Resilience) - Build motivation through small successes

Oxytocin (Openness & Oneness)

Impact of Shame: Shame isolates and disrupts trust, reducing oxytocin. It creates fear of judgment and rejection, making connection feel dangerous. Trauma further impairs the ability to trust and bond.

Healing Activities:

- Reach out to trusted friends or family
- Engage in safe physical affection (hugs, hand-holding)
- Participate in group activities with supportive people
- Practice vulnerability in safe relationships
- Spend time with pets or animals

ROYGBIV Connection: Green (Self-Compassion & Empathy) - Practice self-compassion; Indigo (Community) - Build supportive relationships

Endorphins (Ease & Euphoria)

Impact of Shame: Shame creates emotional pain that endorphins normally help relieve. Chronic shame can deplete endorphins, reducing capacity for joy and increasing sensitivity to pain (physical and emotional).

Healing Activities:

- Engage in movement and exercise
- Laugh—watch comedy, spend time with playful people
- Practice creative expression (art, music, dance)
- Spend time in nature
- Engage in activities that bring genuine joy

ROYGBIV Connection: Orange (Creativity) - Creative expression releases endorphins; Red (Self-Awareness) - Notice what brings joy

Serotonin (Stability & Satisfaction)

Impact of Shame: Chronic shame dysregulates serotonin, contributing to depression, anxiety, and mood instability. Shame creates a persistent sense of “not being enough,” disrupting contentment and well-being.

Healing Activities:

- Establish regular routines and predictability
- Get adequate sunlight exposure
- Eat balanced meals with complex carbohydrates
- Practice gratitude and notice positive moments
- Engage in calming, grounding activities

ROYGBIV Connection: Green (Self-Compassion) - Self-compassion boosts serotonin; Yellow (Resilience) - Stability supports resilience

Cortisol (Stress Response & Recovery)

Impact of Shame: Shame triggers the stress response, elevating cortisol. Chronic shame leads to persistent cortisol elevation, contributing to anxiety, sleep problems, weakened immunity, and difficulty recovering from stress. Trauma creates chronic cortisol dysregulation.

Healing Activities:

- Practice stress management techniques (breathing, meditation)
- Prioritize rest and recovery time
- Set boundaries to protect energy
- Engage in calming sensory activities
- Seek professional support for trauma processing

ROYGBIV Connection: Red (Self-Awareness & Mindfulness) - Mindfulness regulates cortisol; Blue (Communication) - Advocacy reduces stress

7. Integration with ROYGBIV Framework

Red (Self-Awareness & Mindfulness)

Shame Resilience Connection:

- Recognizing shame triggers and physical sensations
- Noticing shame spirals before they escalate
- Distinguishing shame from other emotions
- Mindful awareness of shame without judgment

Practices:

- Body scan meditation to notice shame sensations
 - Emotion journaling to track shame patterns
 - Mindful breathing when shame arises
 - Self-awareness check-ins throughout the day
-

Orange (Creativity & Innovation)

Shame Resilience Connection:

- Reframing shame narratives creatively
- Creative expression of difficult emotions
- Finding new perspectives on past experiences
- Innovation in coping strategies

Practices:

- Art therapy or creative journaling about shame
 - Writing new stories about past shame experiences
 - Using metaphor and imagery to understand shame
 - Brainstorming creative solutions to shame triggers
-

Yellow (Resilience & Perseverance)

Shame Resilience Connection:

- Shame resilience as core resilience skill
- Counter ACEs as resilience builders
- Bouncing back from shame experiences
- Growth mindset about mistakes and failures

Practices:

- Celebrating small wins and progress
 - Reframing setbacks as learning opportunities
 - Building a “resilience toolkit” of coping strategies
 - Practicing persistence despite shame feelings
-

Green (Self-Compassion & Empathy)

Shame Resilience Connection:

- Self-compassion as antidote to shame
- Empathy for self and others who experience shame
- Challenging internalized shame messages
- Compassionate self-talk

Practices:

- Self-compassion break (Kristin Neff)
 - Loving-kindness meditation
 - Writing compassionate letters to yourself
 - Practicing empathy for your younger self
-

Blue (Communication & Advocacy)

Shame Resilience Connection:

- Talking about shame reduces its power
- Advocating for shame-free environments
- Communicating needs and boundaries
- Speaking up against shaming behaviors

Practices:

- Sharing shame experiences with trusted others
 - Using “I feel” statements to express emotions
 - Setting boundaries around shaming language
 - Advocating for inclusive, shame-free policies
-

Indigo (Community Building)

Shame Resilience Connection:

- Building shame-resilient communities
- Peer support for shame experiences
- Creating cultures of belonging
- Counter ACEs through community connection

Practices:

- Joining or creating support groups
 - Building relationships based on authenticity
 - Participating in community service
 - Creating spaces where vulnerability is welcomed
-

Violet (Diversity & Collaboration)

Shame Resilience Connection:

- Understanding shame across cultures
- Inclusive practices that reduce shame

- Collaborating to create shame-free spaces
- Celebrating differences without judgment

Practices:

- Learning about shame in different cultures
 - Challenging bias and stereotypes
 - Collaborating on inclusive initiatives
 - Celebrating diversity in all its forms
-

8. Creating Shame-Free Environments

Benefits of Shame-Free Environments

1. **Enhanced Emotional Well-being:** Reduced anxiety, depression, and emotional distress
2. **Improved Relationships:** Greater trust, vulnerability, and authentic connection
3. **Increased Resilience:** Stronger ability to bounce back from challenges
4. **Fostering Inclusivity:** Celebration of differences without judgment
5. **Boosting Productivity:** Freedom to take risks and innovate
6. **Promoting Learning:** Mistakes become opportunities for growth

Principles of Shame-Free Environments

1. **Safety:** Physical and emotional safety for all members
2. **Belonging:** Everyone feels valued and included
3. **Authenticity:** People can be themselves without fear of judgment
4. **Growth Mindset:** Mistakes are viewed as learning opportunities
5. **Empathy:** Compassion and understanding are practiced
6. **Equity:** Fair treatment and access for all

Creating Shame-Free Spaces: Practical Steps

In the Workplace:

- Foster psychological safety in teams
- Respond to mistakes with curiosity, not blame
- Celebrate learning and growth, not just outcomes
- Model vulnerability from leadership
- Address bias and discrimination promptly

In Schools:

- Implement trauma-informed practices
- Use restorative justice instead of punitive discipline
- Teach emotional literacy and regulation
- Create inclusive curricula and materials
- Build strong teacher-student relationships

At Home:

- Practice unconditional positive regard
- Separate behavior from identity
- Model healthy emotional expression
- Create rituals of connection
- Apologize and repair when you make mistakes

In Communities:

- Build diverse, inclusive organizations
 - Create spaces for authentic sharing
 - Challenge stigma and discrimination
 - Provide access to mental health support
 - Celebrate community members' contributions
-

9. For Educators: Practical Classroom Strategies

1. Inclusive Practices

Goal: Create classrooms where all students feel valued and belong

Actions:

- Use inclusive language and materials that reflect diverse identities
- Celebrate diverse backgrounds, cultures, and perspectives
- Ensure all students have opportunities to participate and succeed
- Address bias and discrimination promptly and directly
- Adapt instruction to meet diverse learning needs

2. Empathetic Education

Goal: Teach and model empathy, compassion, and emotional intelligence

Actions:

- Integrate SEL into daily instruction
- Model vulnerability and authenticity as an educator
- Teach students to recognize and name emotions
- Create opportunities for perspective-taking
- Respond to student emotions with validation

3. Peer Support Programs

Goal: Foster student-to-student support and connection

Actions:

- Implement peer mentoring or buddy systems
- Create opportunities for collaborative learning
- Teach conflict resolution and communication skills
- Build classroom community through shared experiences

- Facilitate peer feedback with compassionate guidelines

4. Open Communication

Goal: Create safe spaces for students to share and be heard

Actions:

- Establish regular check-ins with students
- Create multiple channels for communication (verbal, written, anonymous)
- Listen without judgment or immediate problem-solving
- Validate students' experiences and emotions
- Follow up on concerns students share

5. Modeling Healthy Coping

Goal: Demonstrate resilience and healthy responses to challenges

Actions:

- Share your own learning process, including mistakes
- Model self-compassion and growth mindset
- Demonstrate healthy emotional regulation
- Show how to ask for help and support
- Normalize struggle as part of learning

6. Inclusive Leadership

Goal: Lead with empathy, fairness, and respect for all

Actions:

- Make decisions transparently and fairly
- Seek input from students and families
- Address power dynamics and privilege
- Create policies that support all students

- Advocate for systemic changes that reduce shame

Trauma-Informed Classroom Practices

Understanding Trauma:

- Many students have experienced ACEs
- Trauma affects learning, behavior, and relationships
- Behaviors are often coping strategies, not defiance

Trauma-Informed Principles:

1. **Safety:** Physical and emotional safety first
2. **Trustworthiness:** Consistency and follow-through
3. **Choice:** Offer options and autonomy
4. **Collaboration:** Work with students, not on them
5. **Empowerment:** Build on strengths and resilience

Practical Strategies:

- Establish predictable routines and structures
- Provide sensory regulation tools (fidgets, movement breaks)
- Offer choices in assignments and seating
- Use calm, regulated tone and body language
- Focus on relationship-building, not compliance

10. For Helping Professionals: Preventing Compassion Fatigue

Understanding Compassion Fatigue

Definition: Emotional and physical exhaustion resulting from caring for others who are experiencing trauma or suffering.

Who's at Risk:

- Educators
- Therapists and counselors
- Social workers
- Healthcare providers
- First responders
- Anyone in a helping profession

Symptoms:

- Emotional numbness or detachment
- Decreased empathy and compassion
- Irritability and impatience
- Difficulty concentrating
- Physical exhaustion
- Sleep problems
- Increased cynicism
- Feeling overwhelmed or helpless

Prevention Strategies

1. Self-Care

Physical Self-Care:

- Regular exercise and movement
- Adequate sleep (7-9 hours)
- Healthy, balanced nutrition
- Regular medical and dental care

Emotional Self-Care:

- Engage in activities that bring joy
- Practice relaxation techniques

- Maintain hobbies and interests
- Allow yourself to feel and express emotions

Spiritual Self-Care:

- Connect with meaning and purpose
- Practice gratitude
- Engage in meditation or prayer
- Spend time in nature

2. Boundaries

Professional Boundaries:

- Set clear work hours and stick to them
- Learn to say no to additional commitments
- Delegate tasks when possible
- Take breaks during the workday

Personal Boundaries:

- Protect personal time and relationships
- Limit work talk outside of work
- Create physical and mental separation from work
- Honor your own needs and limits

3. Support Systems

Build Your Network:

- Connect with colleagues who understand
- Seek supervision or consultation
- Join professional support groups
- Maintain friendships outside of work
- Engage with family and loved ones

Share Your Experience:

- Talk about the challenges of your work
- Process difficult cases with trusted others
- Don't isolate when struggling
- Seek therapy or counseling when needed

4. Professional Development

Ongoing Learning:

- Attend workshops on resilience and self-care
- Learn new coping strategies and techniques
- Stay current on trauma-informed practices
- Engage in reflective practice

Supervision and Consultation:

- Regular supervision to process cases
- Peer consultation for support and perspective
- Mentorship from experienced professionals
- Continuing education on compassion fatigue

5. Mindfulness and Meditation

Practices:

- Mindfulness meditation
- Body scan for tension and stress
- Breathing exercises
- Grounding techniques
- Yoga or tai chi

Benefits:

- Reduces stress and anxiety
- Enhances present-moment awareness
- Improves emotional regulation

- Increases compassion for self and others

Using DOES-C for Self-Regulation

Dopamine Boosters:

- Set achievable daily goals
- Celebrate small wins
- Engage in activities you enjoy
- Take breaks to do something fun

Oxytocin Enhancers:

- Connect with loved ones
- Hug someone you care about
- Spend time with pets
- Engage in meaningful conversations

Endorphin Releasers:

- Exercise or move your body
- Laugh (watch comedy, spend time with funny people)
- Creative expression
- Spend time in nature

Serotonin Stabilizers:

- Maintain regular routines
- Get sunlight exposure
- Eat balanced meals
- Practice gratitude

Cortisol Regulators:

- Deep breathing exercises
- Progressive muscle relaxation
- Adequate rest and sleep

- Set and maintain boundaries
-

11. Self-Assessment and Reflection Exercises

Shame Triggers Inventory

List situations, people, or topics that tend to trigger shame for you:

1. _____
2. _____
3. _____
4. _____
5. _____

For each trigger, note: What physical sensations do you notice? What thoughts arise? What do you typically do?

Self-Compassion Assessment

Rate yourself on the following (1 = Never, 5 = Always):

- I treat myself with kindness when I make mistakes: ____
- I recognize that everyone struggles sometimes: ____
- I can hold my painful feelings with balance: ____
- I speak to myself the way I'd speak to a friend: ____
- I acknowledge my common humanity: ____

Total Score: ____ / 25

Reflection: What area of self-compassion could you strengthen?

Counter ACEs Reflection

Think about your childhood. Which Counter ACEs did you experience?

Safe, Stable Relationships:

- Supportive parent/caregiver
- Trusted teacher or mentor
- Extended family support
- Positive peer relationships

Opportunities for Growth:

- Sports, arts, or clubs
- Academic support
- Development of special interests
- Leadership opportunities

Community Connection:

- Faith or spiritual community
- Community organizations
- Neighborhood support
- Cultural community

Access to Support:

- Mental health services
- Quality education
- Safe housing and food security
- Healthcare access

Reflection: How have these Counter ACEs supported your resilience? If you didn't have many, how can you create them for yourself or others now?

Shame Resilience Progress Tracker

Track your progress over the next 30 days:

Week	Shame Awareness (1-10)	Self-Compassion Practice	Connection Moments	Challenges
1				
2				
3				
4				

12. Action Planning for Shame Resilience

My Shame Resilience Action Plan

My Top 3 Shame Triggers:

1. _____
2. _____
3. _____

My Shame Resilience Goals:

1. _____
2. _____
3. _____

Practices I Will Commit To:

Daily:

- _____
- _____

Weekly:

- _____
- _____

Monthly:

- _____

My Support Network:

People I can reach out to when I'm struggling with shame:

1. _____ (relationship: _____)
2. _____ (relationship: _____)
3. _____ (relationship: _____)

Professional Support:

- Therapist/Counselor: _____
- Support Group: _____
- Other: _____

Self-Compassion Reminder:

Write a compassionate message to yourself that you can return to when shame arises:

Emergency Shame Resilience Plan:

When I notice shame arising, I will:

1. **Pause and breathe:** Take 3 deep breaths
2. **Name it:** "I'm feeling shame right now"
3. **Ground myself:** Use a grounding technique (5-4-3-2-1 senses)
4. **Practice self-compassion:** Say my self-compassion reminder
5. **Reach out:** Contact someone from my support network
6. **Take action:** Do one healing activity from my DOES-C list

Resources and Further Reading

Books

- *Daring Greatly* by Brené Brown
- *The Gifts of Imperfection* by Brené Brown
- *Self-Compassion* by Kristin Neff
- *The Body Keeps the Score* by Bessel van der Kolk
- *It Didn't Start with You* by Mark Wolynn

Websites

- SEL Academy Learning: [selacademy.org]
- The Center for Self-Compassion: self-compassion.org
- ACEs Aware: acesaware.org
- Trauma-Informed Care Implementation Resource Center: traumainformedcare.chcs.org

Professional Organizations

- National Association of School Psychologists (NASP)
- American Counseling Association (ACA)
- National Child Traumatic Stress Network (NCTSN)

Remember: Shame resilience is not about never feeling shame—it's about developing the skills to move through shame more quickly, with more compassion, and with less suffering. You are worthy of love and belonging, exactly as you are.

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