## SHAME SHIELDS

The Armor We Use to Protect Ourselves and Why It Doesn't Serve Us

## SHAME RESILIENCE MODEL

Use this download to identify where you fall on the continuums of the four elements of Shame Resilience.

## SHAME

Fear
Blame
Disconnection



## EMPATHY

Courage Compassion Connection

Using Shame Shields



Awareness Jnderstanding

Reinforcing
(There is something
wrong with me)
Individualizing
(It's only me)
Pathologizing
(I'm broken)



Demystifying (I understand how shame works)

Contextualizing (It's bigger than just me, Normalizing (We all struggle)

Separating Insulating



Share Our Story Create Change

Shutting Down
Acting Out



Express How We Feel Ask For What We Need

COURAGE WORKS

Braver living + loving with Brené Brown, Ph.D.

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