

SHAME SHIELDS

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

EXERCISE: SHAME SHIELDS

MOVING
away



MOVING
toward



MOVING
against



Below are the three **Strategies of Disconnection**
as developed by Linda Hartling, a relational-cultural theorist.

Moving away: withdrawing, hiding, silencing ourselves, and keeping secrets.

Moving toward: seeking to appease and please.

Moving against: trying to gain power over others, being aggressive,
and using shame to fight shame.

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Answer the following questions:

Whom are you most likely to move away from?

What are the specific triggers or situations that would prompt you to use the shield of moving away?

Whom are you most likely to move toward?

What are the specific triggers or situations that would prompt you to use the shield of moving toward?

Whom are you most likely to move against?

What are the specific triggers or situations that would prompt you to use the shield of moving against?

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EXERCISE:

THE PHYSIOLOGY OF SHAME

In order to recognize when you or someone else is in shame, take about 5 minutes to quickly complete the following prompts.

When I hear the word shame, I think of...

If shame were a color, it would be...

If I could taste shame, it would taste like...

If I could smell shame, it would smell like...

If I could touch shame, it would feel like...

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I physically feel shame in or on...

My shame symptoms include...

When I recognize I'm in shame I feel...

When I talk about shame, I feel...

I can talk about shame with...

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