

Shame

Voices From Our Past

Emotion Message

Guilt	Inadequacy	Anger
I made a mistake	I can't do this alone	Something is hurting me or others
I need to take steps to repair something	I need additional skills	I'm not safe
I need to change so I won't repeat it	I need help	Something needs to change

With Shame

Guilt	Inadequacy	Anger
If I make a mistake, I am a mistake	If I can't do this alone, I'm worthless	If I have a reaction to something, I'm crazy
The steps I've taken in the past weren't good enough, so I'll never be able to fix this	If I don't know everything, I'm not smart enough	I'm not allowed to create safety or ask others to change, so this will never be fixed
Change is impossible, so I'm broken beyond repair	If I have to ask for help, I'm not good enough	If I ask for change, I'm too much