

Processing Shame Worksheet

1. Process the emotions

- A. What emotion did I feel (see Emotions Chart)? _____
- B. What is the underlying need (see Maslow's Hierarchy of Needs)? _____
- C. How can I meet that need in a healthy way (NOT how someone else can meet the need for me – if it involves others, have a two back up plans)?

2. Process the shame

- A. What was the message attached to the emotion? _____
- B. Where did I get that message from (person, group, or organization)? _____
- C. Did that person, group, or organization mean to send it? If so, what did they get from delivering that message?

D. If they did not mean to send it, what did I get out of receiving that message?

E. How did that message influence my life?

F. Are there any parts of that message that I feel would be helpful to keep? If so, what?

G. What would I like to change the rest of the message to and what steps can I take to do that?

