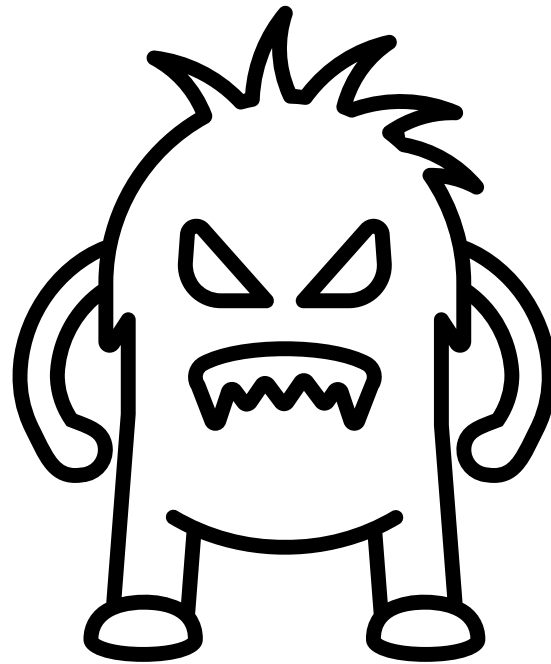
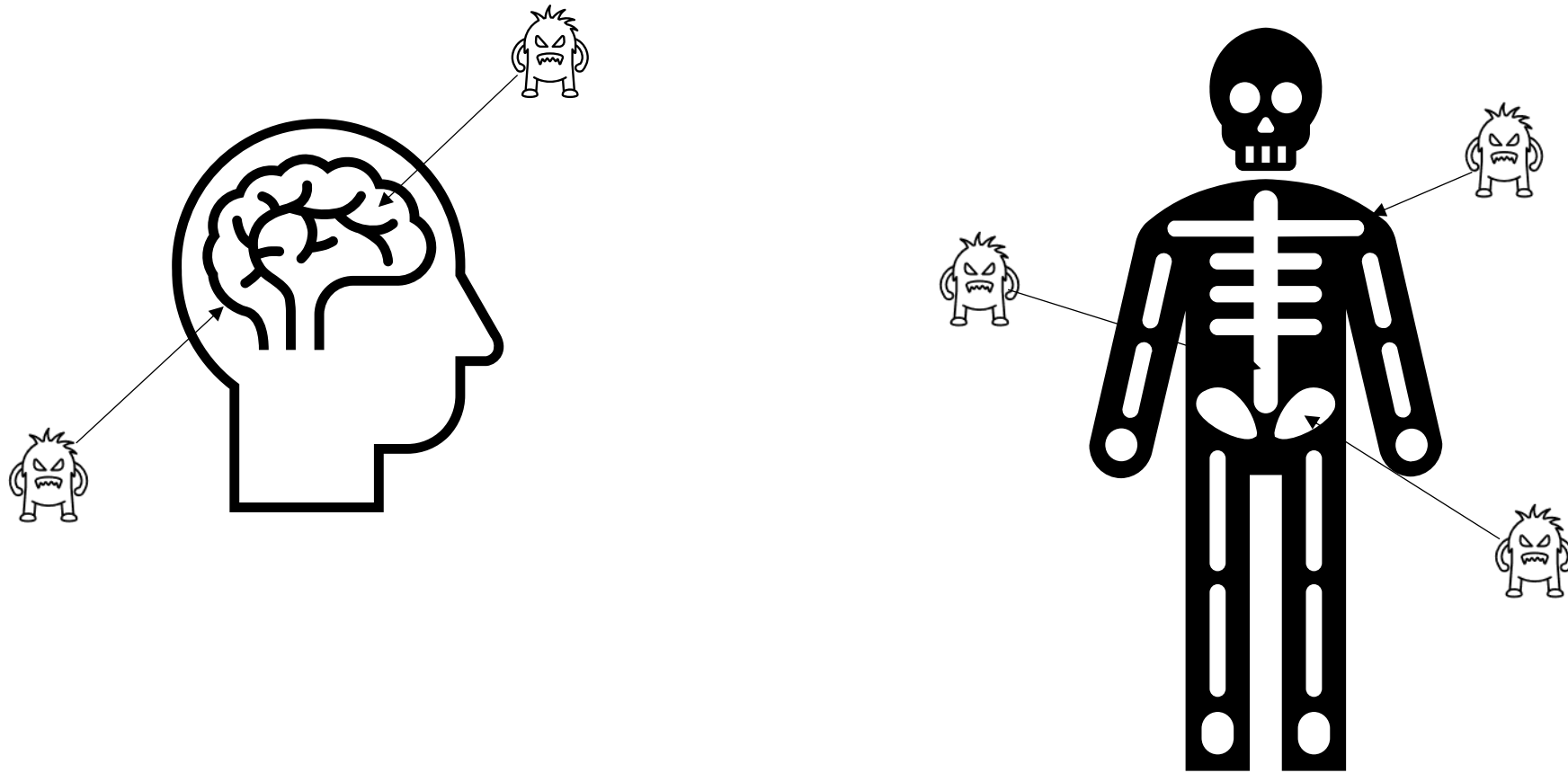


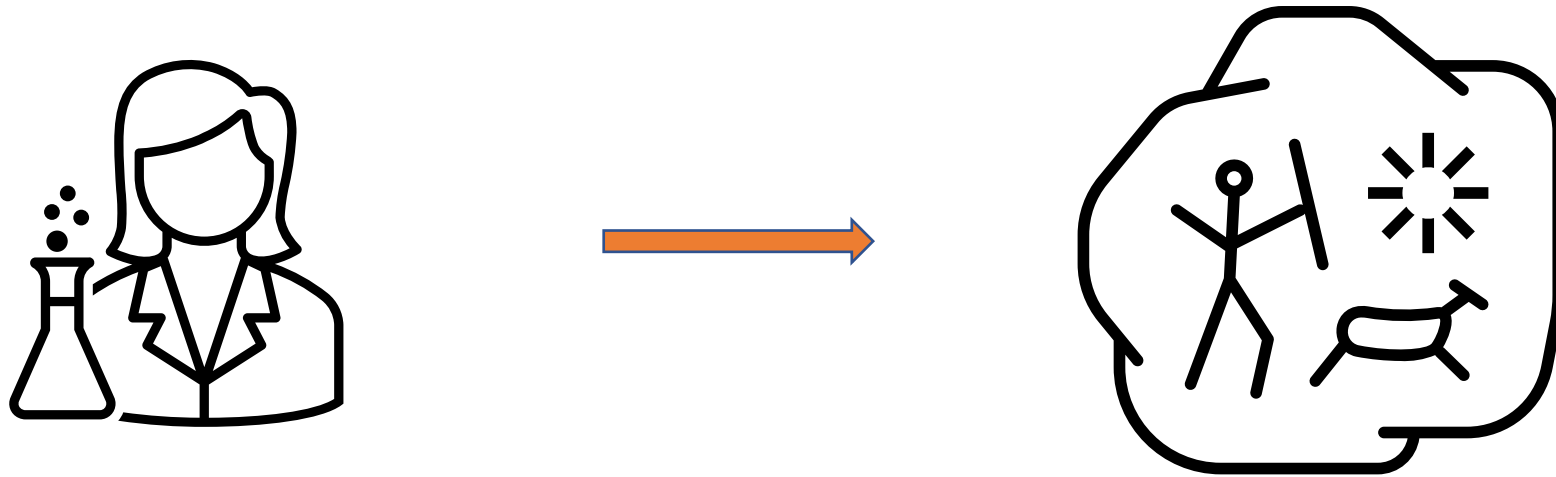
The story of SHAME



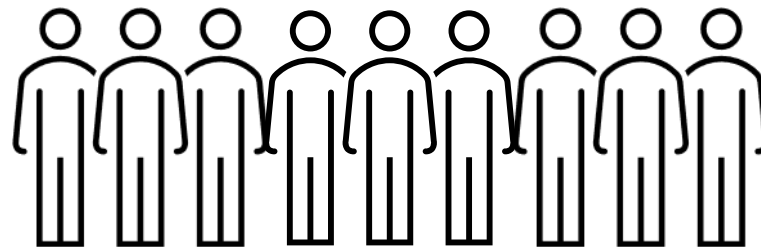
Shame is a little monster that likes to stay hidden in our brains and in our bodies



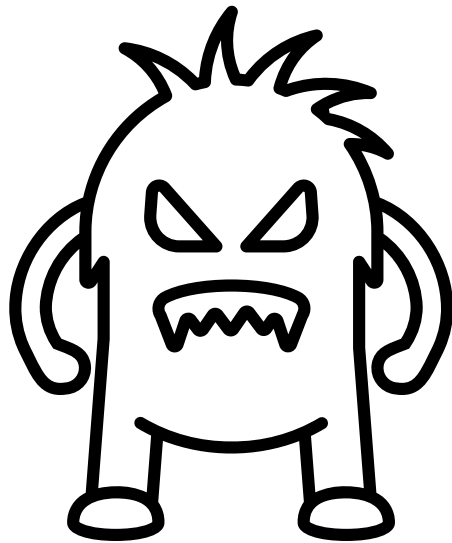
Scientists believe shame was developed as an evolutionary survival tactic



They believe shame helps us behave in 'socially acceptable' ways in groups, that helps to keep us looked after and connected- this helps us to survive as social creatures

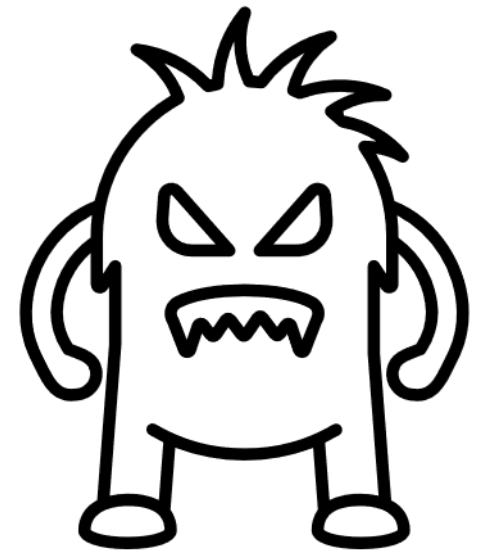


Shame loves to remind us about all the things we aren't good at, especially when we make mistakes....

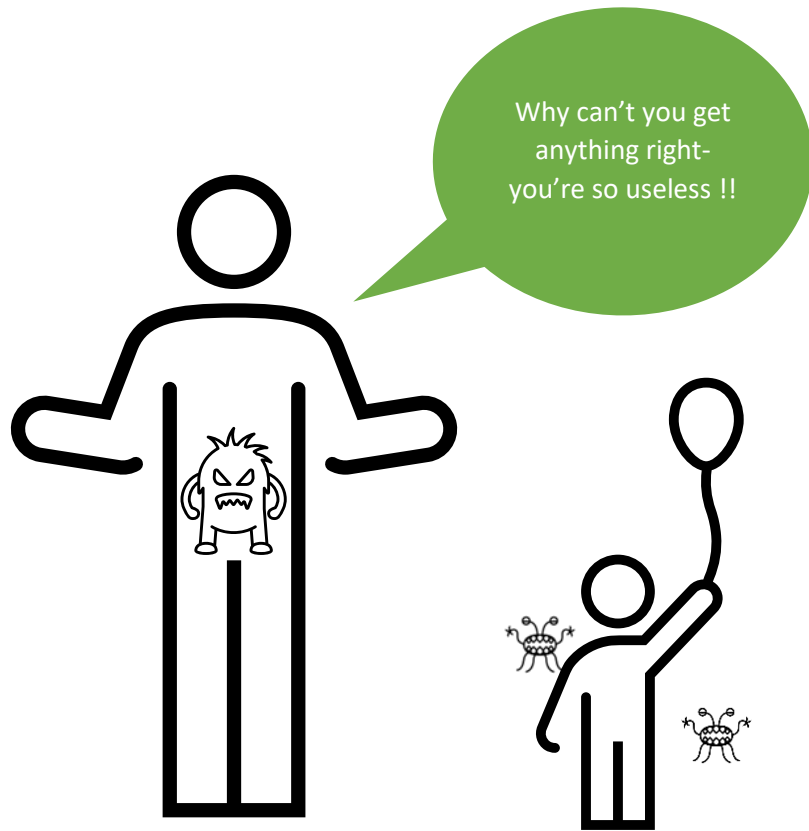


You did so badly on that test...everyone thinks you're stupid

It was so embarrassing John didn't say hi to you, he must not want to be seen with you



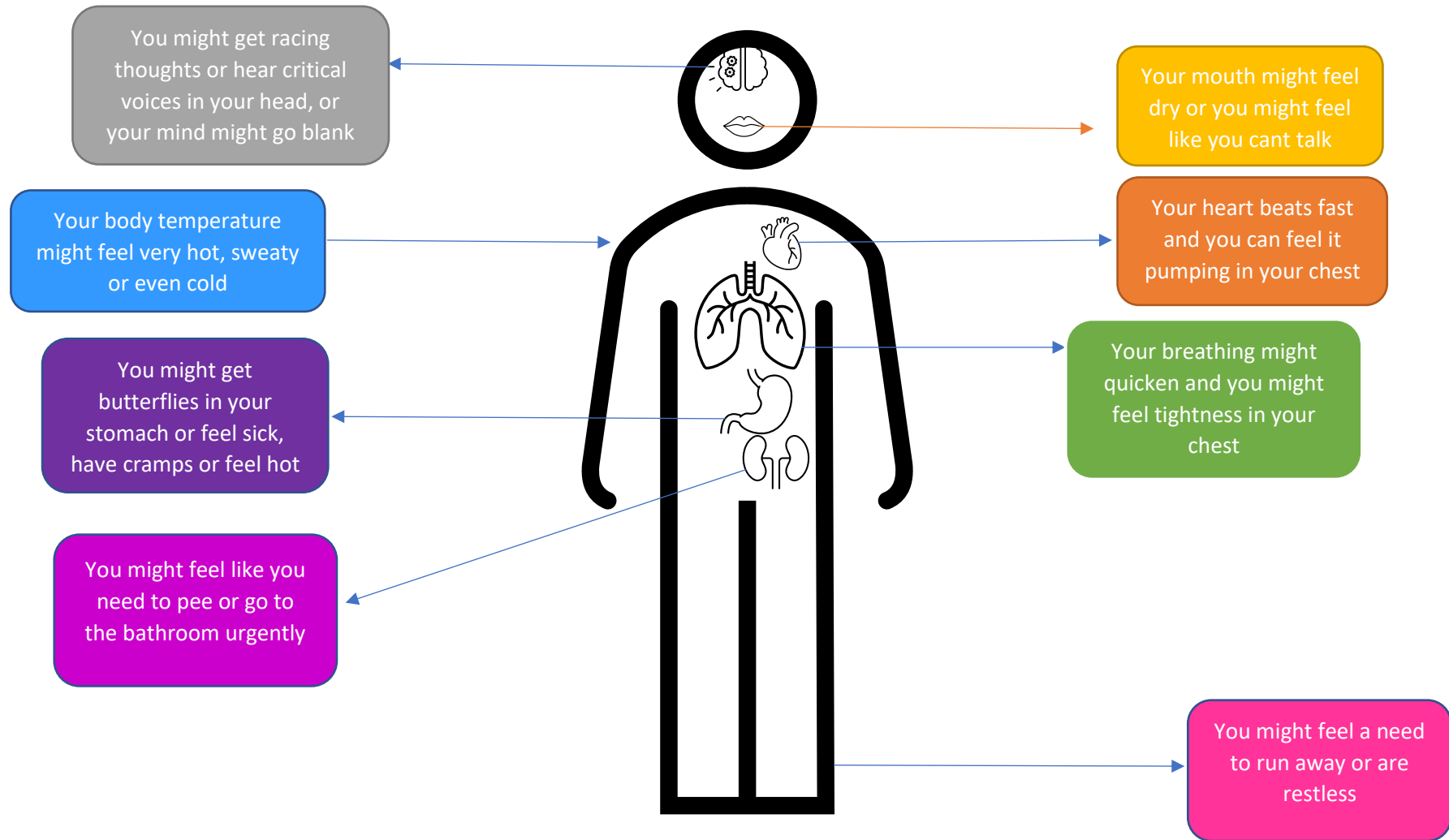
Shame's voice can be our own, or it might be someone else's like a parents, a teachers, grandparent that we have heard making critical statement before. Sometimes it can be both.



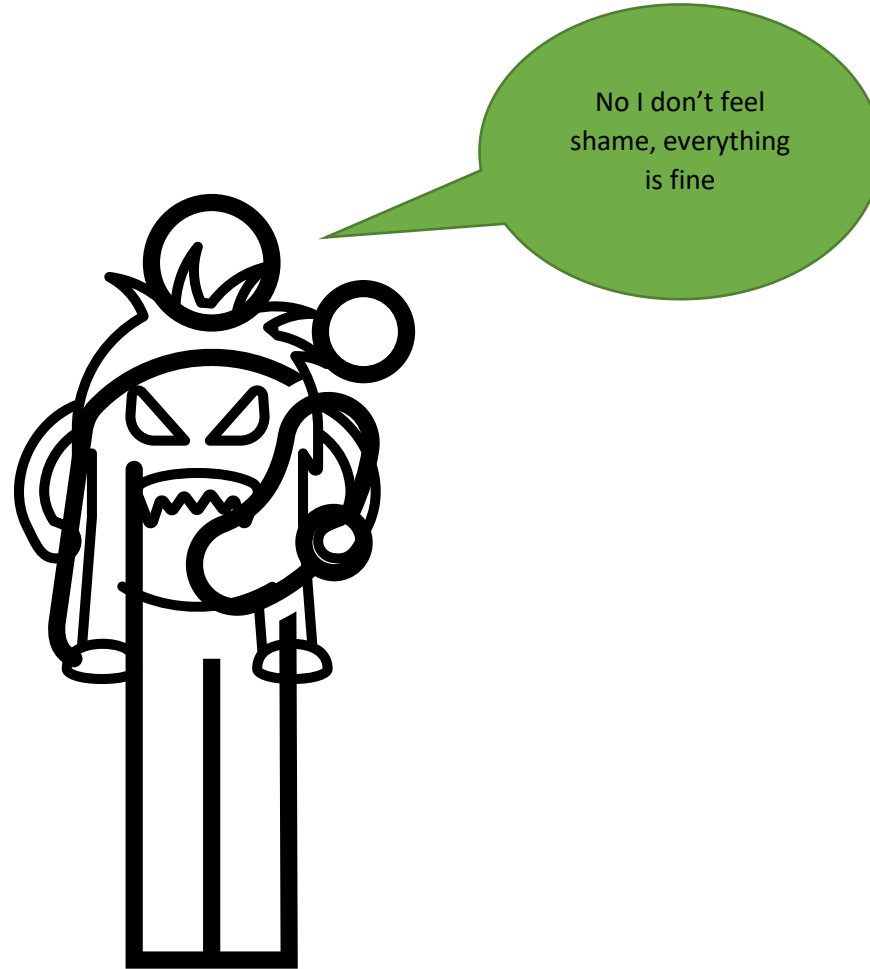
Different things can make us feel shame. Sometimes it might be others shaming us, feeling embarrassment, or hearing shame inside ourselves when we do something that misaligns with our values.



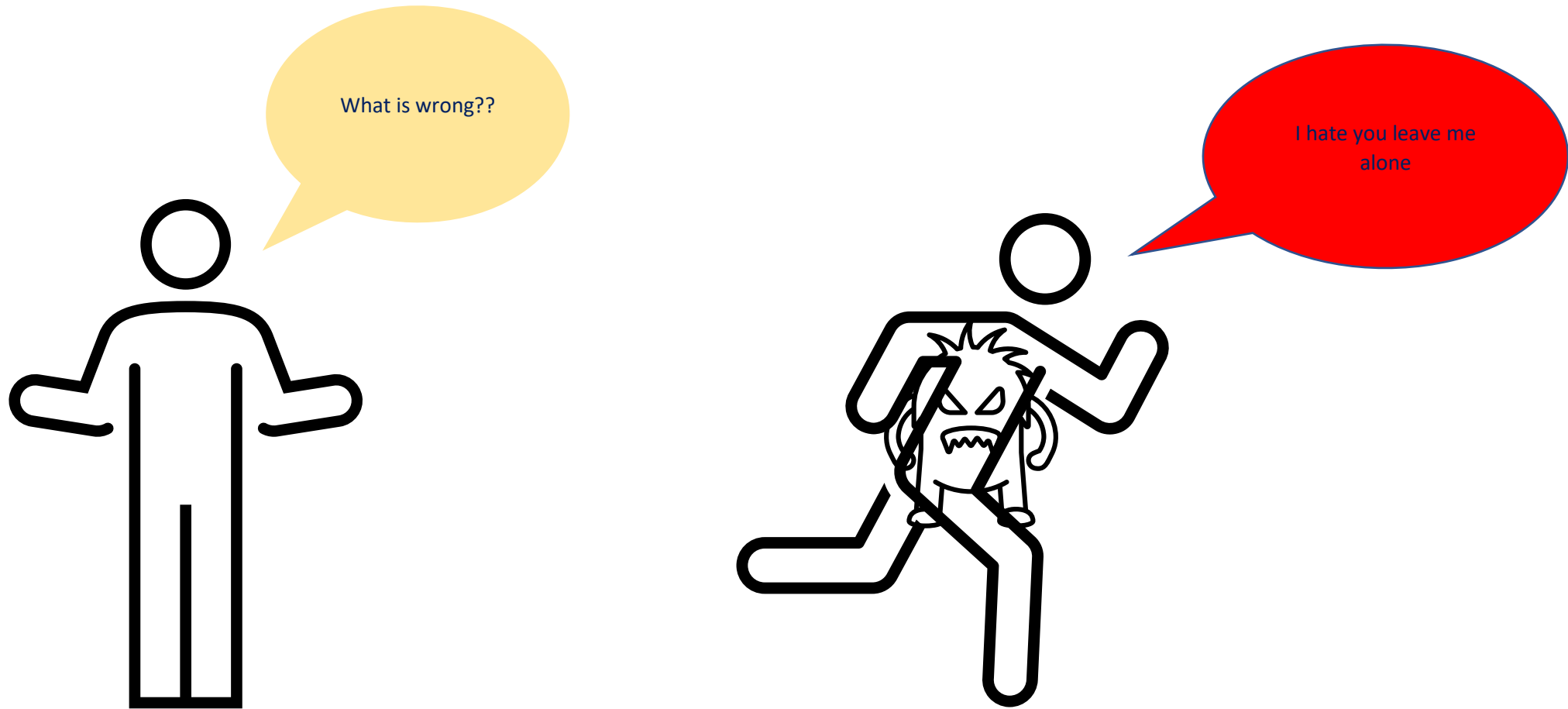
We know we are experiencing shame because we feel it in our bodies...



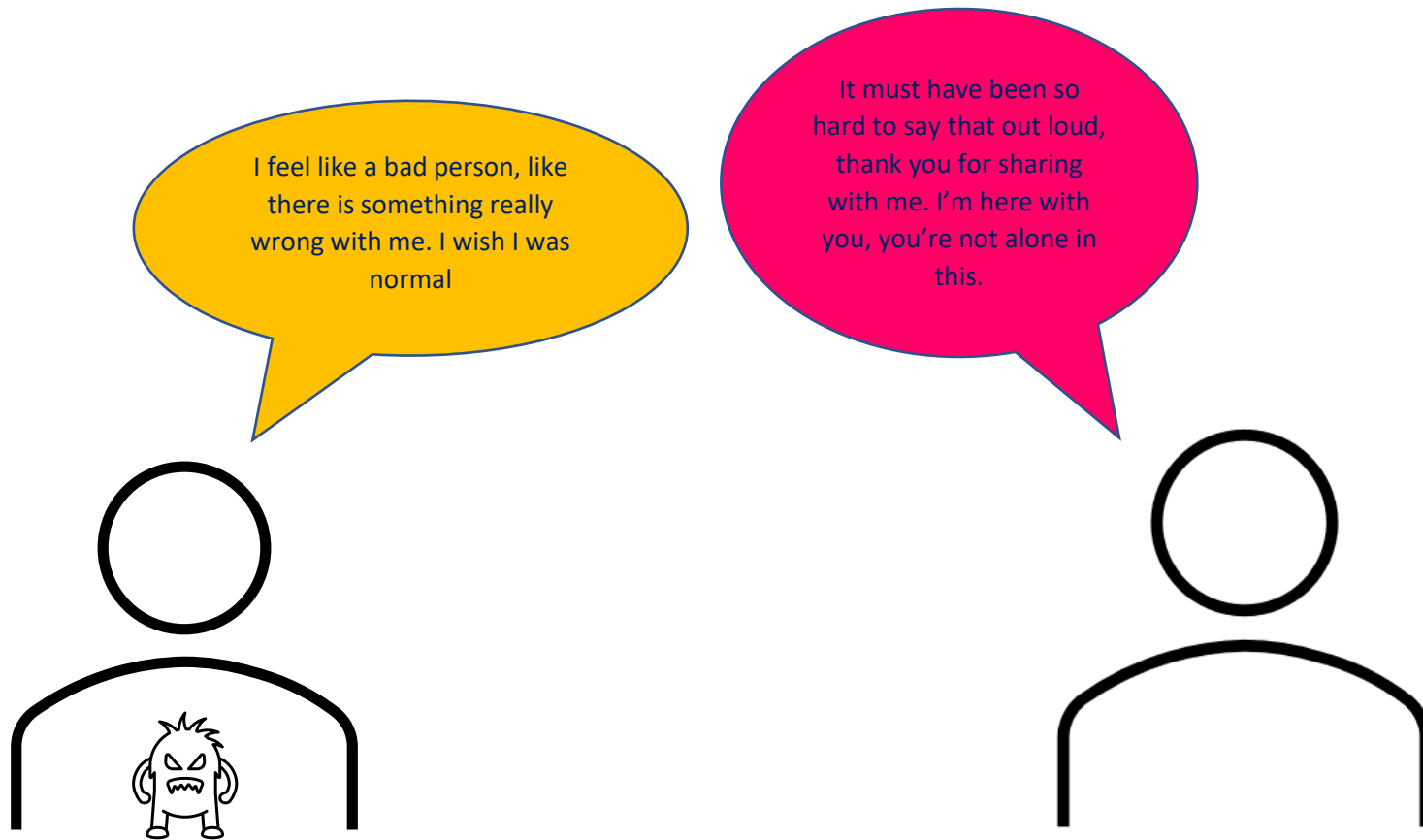
Shame loves to hide in the darkness. It means that even though we all feel shame at different points, it can feel impossible to talk about with others. The difficulty is, the more shame sits in the darkness, the bigger it gets.



It can be hard, because shame wants to hide and it will do anything to avoid being seen. Shame can make us say things and do things that we regret.



Something powerful can happen when we share our experiences with someone we trust, especially that we are feeling shame.

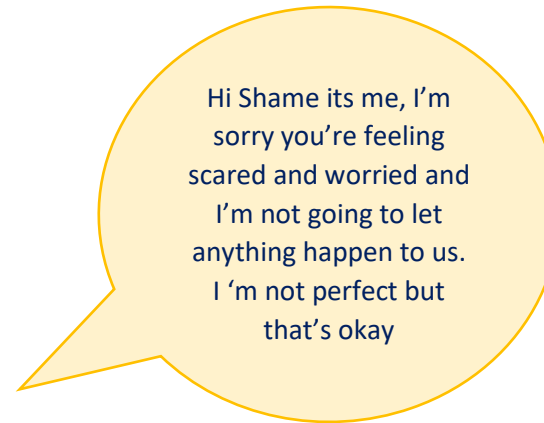
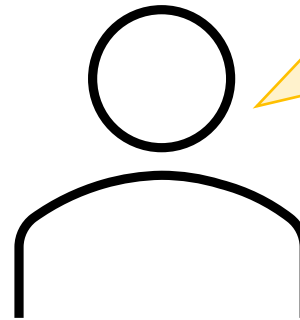
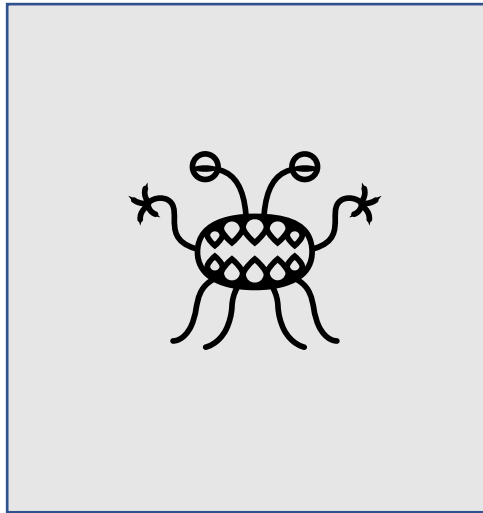


When we start to talk about shame, we can understand ourselves better and get to the root of it. This means shame has nowhere to hide and as a result, it starts to shrink.



Once we realize that we are not going to be abandoned or forgotten about because we experience shame. It becomes much easier to tackle.

The biggest way to shrink shame is to shower it and ourselves in self compassion.



This can take many forms....

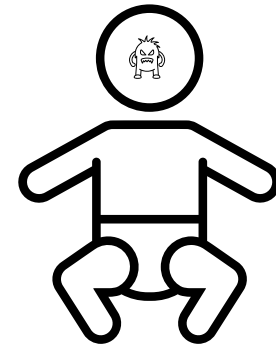
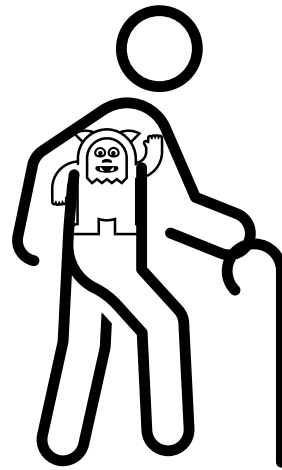
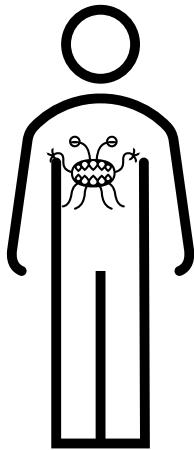
Being kind to yourself when you make mistakes. Telling yourself things that you are good at, good qualities that you have. Behaving in ways that align with your values. Giving yourself breaks when you need it. Letting those you love support you when shame is feeling big.



Shame is something we can never fully get rid of but being able to be compassionate to ourselves, helps it to shrink. Overtime, we can treat it as an old friend that's trying to protect us. Rather than letting it overwhelm us, and make us believe lies that there is something wrong with us.



This work can be lifelong so remember there is no rush. We will feel shame being huge at certain parts of our lives, and very quiet in others. Just remember people of all ages feel shame and you are not in this alone.



The end