

Shame and the Dharma

- Prompt:
- 1). Write down 3 toxic shame statements that you tell or have told yourself.
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 - _____
 - _____
- 2). Imagine the statements as *just thoughts* you picked up somewhere and as not the *truth* of who you are.
- 3). Challenge your toxic thoughts with thoughts of self-compassion and loving kindness (e.g., "I am acceptable as I am," or, "I am deserving of self-compassion for my struggles," or, "May I be filled with loving kindness.").
- 4). Identify the triggers for your toxic shame thoughts (e.g., feeling like you failed, did not do something well enough, etc).
- 5). Use self-statements that are like those you would use toward a loved one who is suffering.
- 6). Later tonight or tomorrow share this experience with a trusted friend or loved one.
- 7). Practice the above steps on a regular basis.