



Tips for Reducing Shame

- 1) Know that you are not the only one. Many people struggle to be free of shame. It's a hard process, but with patience you can diminish shame's force and be free of its oppression.
- 2) Awareness is the first step in any change process. Practice identifying when you are feeling shame
- 3) Compassion is the antidote to shame. Work on developing and practicing a compassionate voice that is non-judgmental, understands you and your experiences, and is kind and encouraging. This voice allows you to be human with all the quirks and wounds and imperfections that make us human.
- 4) Explore the origins of your shame. Was it from a critical family? Something that had you feel different than others such as a learning disability or an incident of abuse? Understand how messages from your younger years got internalized.
- 5) Notice how current behaviors may reinforce your sense of shame. Plan how you can begin to give up these behaviors and replace them with more self-supportive ones.
- 6) Become skilled at inner-coaching™. Learn to focus on your positive attributes. You can learn to identify with your strengths, gifts and talents. You are larger than the wounds you carry.
- 7) Surround yourself with people who treat you well and stay away from people who cause you to feel bad about yourself.
- 8) Share these tips with someone you trust. Healing happens when we break our silence and speak up.
- 9) Seek professional help with qualified providers who can help you move through these steps and guide you through the difficult process of letting go of shame.
- 10) Educate yourself about shame. Here are some books we recommend:
 - Healing the Shame that Binds You - John Bradshaw
 - Letting Go of Shame - Ronald and Patricia Potter-Efron
 - Facing Shame: Families in Recovery - Merle Fossom and Marilyn Mason
 - I Thought it Was Just Me (But it isn't), The Gift of Imperfection - Brene Brown
 - There's Nothing Wrong With You: Going Beyond Self - Hate-Cheri Huber

Jane Shure, PhD, LCSW & Beth Weinstock, PhD, are psychotherapists, authors and leadership development coaches nationally recognized for their effectiveness in helping people break negative patterns and achieve positive change and successful results. They speak their mind on the Huffington Post, Medium, Authority Magazine & ThriveGlobal. Jane's TEDx Talk, *Boost Resilience: Take Charge of the Inner Critic and Inner Worrier*, addresses fear-based thinking.

For more information about Beth and Jane, and their work, see: www.TheResilienceGroup.com