

# Compass of Shame

Shame is an intensely painful feeling or experience of believing that we are flawed, thus unworthy of love and belonging. Something we have experienced, done or failed to do makes us feel unworthy of connection

(Brene Brown, 2013).

ATTACK OTHER  
Aggression - Blame



WITHDRAWAL  
HIDE FROM OTHER  
Isolation,  
Hiding

AVOIDANCE  
HIDE FROM SELF  
Thrill seeking  
Addiction  
Denial,

DISTRESS

DISGUST

ATTACK SELF  
Depression - put down/ self-harm

What do you do when you feel a sense of shame or overwhelmed feeling such as stress?

| Behaviour Actions | Feelings in body sensations | Emotion Name | What do you need to feel better? |
|-------------------|-----------------------------|--------------|----------------------------------|
|                   |                             |              |                                  |