

The Shame Intervention

1: Trigger (Sympathetic): Internal (Self) [] or External (Others) []	2: Negative Self-Perceptions (NSP): (If Internal Trigger) (“I” Statements)
<i>What was the event that created the negative feelings or reactions?</i>	<i>How did you perceive yourself in that situation?</i>
	Structure of Statements: <i>“I perceived myself as...”</i> <i>“I am...”</i>

3: Emotions & Physical Sensations	4: How did you react in that moment?			
<i>What were the feelings that came up for you?</i>				
	Attack Self	Attack Others	Withdraw	Avoidance
(Baseline) How strong does it feel? 0 1 2 3 4 5 6 7 8 9 10				
(Shifted) How strong does it feel? 0 1 2 3 4 5 6 7 8 9 10				

5a: Value System: (If External Trigger)			5b: Value Expectations: (If External Trigger)	
Body Image & Health	Relationships	Social Status	<i>What are the general expectations of value system?</i>	
			<i>If you don't..... (do action or meet expectations) What does that say about you?</i>	
Mental & Physical Health	Motherhood/Fatherhood	Money & Work	Expectations: Structure of Statements: <i>“I am...”</i>	
Addiction	Parenting	Being Stereotyped/Labeled		
Sex	Family			
Aging	Surviving Trauma			
Appearance & Body Image	Religion			

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6: Core Belief of Shame (CBS)			7: Core Reaction (Dorsal)		
<i>What does the NSP say about you? (Repeat)</i>			<i>Close eyes & state (SS) 3x: What do you notice in your body?</i>		
Structure of Statements: "I am..."			Physical & Emotional Sensations:		
			How strong does it feel? 0 1 2 3 4 5 6 7 8 9 10		
I am bad	I am unlovable	I am worthless	8: Compensating the Belief (CTB)		
I am unwanted	I am not good enough		What do you do to avoid feeling CBS?		

9: Authentic Statement (AS) (Ventral)			10: Negative Self-Perceptions (NSP): Reframe		
<i>One positive thing that you believe about yourself?</i>			<i>Hold Authentic Statement & NSP together</i>		<i>Does it feel 100% true? If not, rewrite NSP to a more appropriate statement</i>
Positive []	Authentic []	3x Core Activation []			
Structure of Statement: "I am..."					
Physical & Emotional Sensations:					
How strong does it feel? 0 1 2 3 4 5 6 7 8 9 10			(Shifted) How strong does it feel? 0 1 2 3 4 5 6 7 8 9 10		

Cultivation of Core Belief

1: Glimmers: Positive Experiences			2: Positive Self-Perceptions (PSP)		
<i>What was the event that created the positive feelings or reactions?</i>			<i>What does that say about you?</i>		
			Structure of Statements: "I am..."		
3: Emotional & Physical Sensations			4: Integration of Authentic Statement		
<i>What were the feelings that came up for you?</i>			<i>Hold PSP & AS together and notice body</i>		
			Physical & Emotional Sensations:		
How strong does it feel? 0 1 2 3 4 5 6 7 8 9 10			How strong does it feel? 0 1 2 3 4 5 6 7 8 9 10		
Quality Time	Words of Affirmation	Physical Touch	Acts of Service	Gifts	