

How to move through shame?

Recognize the Signals

By being more aware of what your shame triggers are, you can deliberate your response to them.



Pay attention to your body

Knowing your typical physical reactions to shame increases your chances of pausing, reflecting, and respond in a more positive and intentional way.

Affirmation and self-compassion

Practice positive self-talk and affirmations. Remind yourself what your strong sides are.



Notice double standards

Ask yourself would you ever set the same standards for others as you do for yourself?

Reach out to others

Sharing thoughts and emotions with friends and family can help you gain another perspective and boosts compassion for yourself and others.

