

## Shame - Transparent Reflections Exercise



Below are several client statements. Write some transparent reflections to help calm their experience of shame.

I'm watched all the time. I try and try to make things right, but when I start to get ahead I slip down again, all the way to the bottom. No one has ever trusted me, it's like I was born to be untrustworthy.

I've never felt adequate. I look at other people and I know I'll never compare. I always fight being good enough.

I don't really like people to get close. It's hard for me to open up.

The feeling just leaves my body. I get drained and shut down. I curl up in a ball and then I don't want to move. I want to just stay in the darkness, it's easier that way.