CHECKLIST

Processing shame: six things you can do alone

- [ ] Find a quiet place and say the shame aloud
- [ ] Write the feeling on paper and leave it behind
- [ ] Notice five things you see, four you hear, three you touch
- [ ] Move your body until the intensity shifts
- [ ] Splash cold water on your face or hold ice in your hands
- [ ] Ask what the shame is protecting you from
- [ ] Replace harsh thoughts with neutral observations
- [ ] Walk the same outdoor route each day to rebuild routine