

Name:

Shame and Stigma

1. Name It to Tame It

What are some things you feel shame or judgment about (internally or from others)?
(Be honest – this is a judgment-free zone.) I feel shame about...

2. Where Did That Come From?

Who or what made you believe this was “shameful” or “wrong”?
(This can include society, culture, family, media, etc.) This belief came from...

3. Challenge the Narrative

If a friend were struggling with this, what would you say to them?
Now say that to yourself. Write your self-compassionate response. What I'd tell myself instead...

4. What Stigma Steals From Me

List things stigma or shame has held you back from (e.g., connection, asking for help, self-acceptance). Shame has kept me from...

5. Taking My Power Back

What's one small way you can challenge shame or stigma this week? One step I can take...

Final Note:

Healing starts when we stop blaming ourselves for carrying what others handed us. You are not your shame. You are not your diagnosis. You are not alone.