

# SHAME



Embrace the empathy of others to tame our shame.

**What it's about; what it does for us...**

...Feeling exposed as a bad person; it is the fear of disconnection, of not being good enough. It forces us to face up to our failings.

**We feel this when...**

...we see ourselves as an unworthy person and / or think other people know something bad about us. We feel we have let others down.

**It makes us...**

...want to hide or escape; we worry about and / or face up to what's wrong with us.

