

Unit 2: Shame Scripts & Narrative Rewrite

⌚ Module	Module 2: Builder Identity Work
# Unit Number	2
⌚ Types	Video Lesson
⌚ Mandatory	<input checked="" type="checkbox"/>
📁 Archive	<input type="checkbox"/>

Unit 2: Shame Scripts & Narrative Rewrite

[Module 2: Builder Identity Work](#) | [Video Lesson](#)

Unit Overview

After completing the Language Inventory, participants have identified their shame scripts. Now it's time to understand **where those scripts came from** and how to systematically dismantle them.

This unit goes deeper into narrative rewriting—not just swapping out words, but fundamentally shifting the story you tell about yourself.

Learning Objectives

By the end of this unit, participants will:

1. Understand how shame scripts become internalized narratives
 2. Identify the sources of their shame scripts (external vs. internalized)
 3. Learn a framework for narrative rewriting
 4. Practice rewriting a full shame narrative, not just individual scripts
-

Unit Contents

Video: Breaking the Shame Loop (5 min)

[Video: Breaking the Shame Loop \(5 min\)](#)

What it covers:

- How shame scripts become self-fulfilling prophecies
 - The shame loop: Script → Behavior → Confirmation → Script
 - How to interrupt the loop with builder language
-

Assignment: Rewrite Your Story

[Assignment: Rewrite Your Story](#)

What it includes:

- Taking your Language Inventory and building a fuller narrative rewrite
 - Practice telling your story in builder language
 - Sharing your rewritten story with your tribe
-

Facilitation Notes

Key Concepts to Emphasize

Shame scripts are often externally sourced:

- They come from family, institutions, society, past relationships
- You internalized them because they were repeated, not because they were true
- Identifying the source helps you separate yourself from the script

Narrative rewriting is not toxic positivity:

- You're not pretending bad things didn't happen
- You're reframing what those experiences mean about you
- Builder language acknowledges reality without shame

The tribe as co-authors:

- Your tribe can help you spot when you're still using shame language
 - They can reflect back the builder narrative when you can't see it yourself
 - Sharing your rewritten story with the tribe helps solidify it
-

Common Participant Reactions

"This feels fake. I don't believe the builder scripts yet."

Response: "You don't have to believe them fully at first. The goal is to start collecting evidence. Every time you show up, every time you redirect shame language, you're adding proof. Over time, the builder narrative becomes more true than the shame narrative."

"What if my shame scripts are true? What if I really am a mess?"

Response: "Shame scripts feel true because you've been collecting evidence for them your whole life. But they're totalizing—they don't leave room for nuance or change. The builder reframe acknowledges where you are without locking you into a fixed identity."

"I'm afraid if I let go of the shame, I'll stop trying."

Response: "That's a common fear. But shame doesn't motivate long-term change—it motivates hiding and avoidance. Builder language motivates *because* it leaves room for growth. You're not lowering your standards; you're changing the fuel source."

Tribe Role for This Unit

Culture Holders (Early Stage)

As participants start sharing their rewritten stories, the tribe's role is to:

- **Affirm the builder language** when they hear it
- **Gently redirect shame language** when it slips back in
- **Witness the story without fixing or advising**

This is the beginning of the tribe becoming "culture holders"—enforcers of the no-shame, builder-first culture.

Homework/Reflection (Optional)

After completing this unit, journal on:

1. **Who gave you your primary shame script?** (A specific person, an institution, society at large?)
2. **What would it mean to give that script back?** (To stop carrying it as truth?)
3. **What's the builder story you're stepping into now?**

Bring these reflections to the next discussion forum.

What's Next

After this unit, participants move to:

- **Unit 3: Builder's Code Workshop** (co-creating community agreements in builder language)
- **Unit 4: Identity MVP** (designing a minimum viable version of their builder identity)