






Exercise: Shame Scripts & Narrative Rewrite

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 Tags	

Identify the shame-based stories you've been carrying, and rewrite them as builder scripts.

Purpose

Shame scripts keep people stuck. Builder scripts open possibilities. This exercise helps participants catch and flip the narratives that hold them back.

Time

20 minutes

- Solo journaling: 10 min
 - Pair share: 10 min (optional)
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Materials Needed

- Workbook or journal
 - Pens
 - Optional: Two-column worksheet (Shame Script | Builder Script)
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Instructions

Part 1: Identify Shame Scripts (10 min)

Prompt:

"Shame scripts are the negative stories you tell yourself about who you are. They're often in the form of 'I am...' or 'I always...' or 'I can't...'

List three shame scripts you've carried. Be honest. This is private—no one will see it unless you choose to share."

Examples of shame scripts:

- "I'm just an addict."
- "I always quit."
- "I'm a screw-up."
- "I can't be trusted."
- "I'm too broken to succeed."
- "People like me don't build businesses."
- "I don't deserve good things."

Reflection questions:

- Where did this script come from? (Family, past failures, institutions, your own voice?)
 - How has this script shaped your choices?
 - What has this script cost you?
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Part 2: Rewrite as Builder Scripts (10 min)

Prompt:

"Now flip each shame script into a builder script—a truer, stronger version.

Don't make it fake-positive. Make it *real*. What's the evidence that the shame script is wrong?"

Examples:

Shame Script	Builder Script
I'm just an addict	I'm someone who knows obsession—and I'm learning to redirect it
I always quit	I get back up every time, even when it's hard
I'm a screw-up	I've made mistakes, and I've survived every one
I can't be trusted	I'm rebuilding trust, one choice at a time
I'm too broken	I'm resourceful as hell—I've survived things most people can't imagine
People like me don't build businesses	People like me <i>are</i> the best builders—we know how to hustle and adapt

Part 3: Practice (Optional Pair Share)

Instructions:

"Pair up. Share one shame script and your builder rewrite.

Practice saying the builder script out loud. How does it feel?

Partner: Your job is to witness and affirm. You can say, 'I believe that' or 'I see that in you.'"

Facilitator Tips

- Model vulnerability—share one of your own shame scripts and rewrites
- Emphasize: Builder scripts aren't about being perfect. They're about being real and strong
- Watch for participants who struggle to rewrite—help them find evidence ("What have you survived? What have you done that took guts?")
- Never force the pair share—some will want privacy, and that's valid

Follow-Up

Weekly practice:

Every time you catch yourself repeating a shame script this week, pause and say the builder script instead—out loud if you can.

Report back: What happened? Did it feel different? Did it change your choices?

Connection to Module 1

In Module 1, they grieved and released the old self. In Module 2, they're actively building the new one. This exercise is the bridge.