Unit 2: Shame Scripts & Narrative Rewrite

☰ Components	Reading Video Written Assignment
☰ Duration	30 min
☰ Notes	Rewrite 3 shame scripts to builder scripts with evidence (400+ words), record yourself saying new scripts (1-2 min audio/video)
☑ SOU Evidence	☑
◎ Section	Module 2
⚙ Status	Not Started
☰ Subsection	Identity Reframe

Overview

Duration: 30 minutes

Components: Video, Reading, Written Assignment

This unit helps participants identify and rewrite their core shame scripts into builder scripts grounded in evidence.

Learning Objectives

- Identify personal shame scripts
- Understand how shame creates behavioral loops
- Apply the Rewrite Process to shame scripts
- Practice speaking builder scripts out loud

Video Content (5 min): Breaking the Shame Loop

Key messages:

- Shame scripts as self-fulfilling prophecies

- How shame becomes a behavioral loop

- Why you can't delete a script, but you can rewrite it

- The difference between toxic positivity and grounded truth

Reading: From Shame to Strength—The Rewrite Process

What Is a Shame Script?

A shame script is a story you tell yourself about who you are, what you deserve, and what's possible for you. It's usually formed early (childhood/adolescence) and reinforced through repeated experiences of disconnection, criticism, or trauma.

Common Shame Scripts:

- "I always mess things up"

- "I don't deserve good things"

- "People leave once they really know me"

- "I'm too damaged to be successful"

- "I'm not smart enough"

- "I'm a fraud"

- "I'll never be financially stable"

- "I'm too old/young to start over"

How Shame Becomes Self-Fulfilling

1. **The Script Activates:** Something happens (a mistake, a rejection, a trigger)

2. **The Story Runs:** "See? I told you I always mess things up"

3. **Behavior Follows the Story:** You withdraw, self-sabotage, or lean into destructive patterns

4. **The Script Gets Reinforced:** "Yep, I was right. I always mess things up."

This loop can run for **years** without conscious awareness.

The Rewrite Process

Step 1: Name the Script

Write down the exact phrase. Don't soften it.

Step 2: Find the Evidence Against It

This is **pattern interruption**, not toxic positivity. Ask:

- When has this script been proven wrong?

- What would someone who loves me say about this?

- Is this script 100% true 100% of the time?

Step 3: Write the Builder Version

This isn't an opposite statement. It's a **grounded truth**.

Example:

- Shame Script: "I always mess things up"

- Builder Script: "I've made mistakes, and I've also completed hard things. I'm learning."

Step 4: Practice the New Script

Every time the shame script runs, interrupt it with the builder script. Out loud if possible.

Written Assignment: Rewrite Your Story

Part 1: Identify 3 Shame Scripts

List three shame scripts you've carried:

1.

2.

3.

Part 2: Rewrite Each Script

For each shame script:

Shame Script #1:

Evidence Against It: (3 specific examples)

Builder Script Rewrite:

Shame Script #2:

Evidence Against It: (3 specific examples)

Builder Script Rewrite:

Shame Script #3:

Evidence Against It: (3 specific examples)

Builder Script Rewrite:

Part 3: Record Yourself

Record yourself (video or audio, 1-2 minutes) saying your three builder scripts out loud. Notice how it feels in your body.

Part 4: Reflection (400+ words)

Answer:

1. What was hardest about naming your shame scripts?

2. What surprised you about finding evidence against them?

3. Which builder script feels most true right now?

4. What changed when you said them out loud?

Submission

Upload:

1. Written assignment with all 3 rewrites and evidence (400+ words)

2. Audio/video recording of you saying your builder scripts (1-2 min)