



The REWIRED 7-Day Reset

A Science-Based Journey from
Survival to Thriving

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DAY 5

RELEASE

Letting Go of Shame

Releasing the toxic stories and embracing self-compassion.

The Shame Cycle



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*Shame was the fuel for my addiction. The voice that said I'm not good enough,
I'm broken.*

Recovery breaks the cycle by bringing shame into the light

Dr. Brené Brown, Shame Researcher

"Shame cannot survive being spoken"



When we bring it into the light



When we tell our stories in safe places



When we change how we talk to ourselves

Firing the Drill Sergeant



Old Voice: The Drill Sergeant

"You're an idiot. You always mess up."

"You're a failure. You'll never change."

"You're broken. What's wrong with you?"



New Voice: The Compassionate Coach

"This is hard. You're human. What can we learn?"

"You're trying. Progress isn't linear."

"You're worthy of kindness, especially from yourself."

Self-Compassion Practice

The Self-Compassion Break



Common Humanity

Acknowledge this is hard. Everyone struggles. You are not alone in this experience.



Mindfulness

This is a moment of suffering. Notice it without judgment, without making it bigger or smaller than it is.



Self-Kindness

May I be kind to myself. Treat yourself with the same compassion you would offer a good friend.

Your Work Today

1

Notice Your Inner Critic

Pay attention to how you talk to yourself today—awareness is the first step

2

Practice the Self-Compassion Break

When shame arises, pause and offer yourself kindness instead of criticism

3

Write One Kind Thing to Yourself

What would you say to a friend going through this? Say it to yourself.

You are not your past. You are worthy of kindness, especially from yourself.