

Identifying Shame Triggers & Destructive Core Beliefs

Aspects of Life & Personality	Unwanted Identities & Characteristics	Ideal/Desired Identities & Characteristics	Origin of that perspective/belief (Where did it come from?)
Appearance & Body Image			
Being in a Relationship			
Sex/Sexuality			
Money/Spending			
Work/Success			
Experiencing/ Expressing Emotion			
Your Family			
Getting Older/Dying			
Religion/Spirituality			
Substance Use/Addiction			
Parenting/Ideas Around Children			
How to Handle Adversity			

I want to be perceived as: _____

I do NOT want to be perceived as: _____
