

# SHAME RECIPE CARD

## Ingredients

- SELF-AWARENESS
- BLAMING YOURSELF
- PERSONALITY TRAIT
- SELF-ESTEEM

## Directions

## Journal Note

## SHOPPING LIST

SELF CONSCIOUS

UNWORTHY

UNLOVABLE

DISTRESS

EXPOSURE

DISHONOUR

DISGRACE

CONDEMNATION

MISTRUST

POWERLESSNESS

WORTHLESSNESS