

# PROCESSING SHAME WORKSHEET

(Fill in 1A and 2A first. Then go back to 1B and continue from there.)

## 1. PROCESS THE EMOTION

A. What emotion did I feel (see Emotions Chart)?

B. What is the underlying need (see Hierarchy of Needs)?

C. How can I meet that need in a healthy way (NOT how someone else can meet the need for me – if it involves others, have a back up plan)?

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## 2. PROCESS THE SHAME

A. What was the message attached to the emotion?

B. Where did I get that message from (person, group, or organization)?

C. Did that person, group, or organization mean to send it? If so, what did they get from delivering that message?

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D. How did that message influence my life?

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E. Are there any parts of that message that I feel would be helpful to keep? If so, what?

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F. What would I like to change the rest of the message to and what steps can I take to do that?

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