

Shame Vaccination

Shame acts like cancer in your body. It grows in silence and spreads to infect every part of your world. Would you recognize it if it appeared? What if you could catch it early? Nip it in the bud. What does it look like for you? Answer the questions below to figuratively “snap a selfie” of SHAME.

What is the first thing you think of when you hear the word SHAME?

If you could see SHAME, what color would it be?

If you could taste SHAME, what would it taste like?

If you could smell SHAME, what would it smell like?

Complete the following sentence stems.

I physically feel SHAME in/on my ...

My SHAME symptoms are...

I know SHAME is present when I feel...

When I talk about SHAME, I feel...

I can talk about SHAME with...
