

VULNERABILITY & SHAME DIRECTIVES

BUILD A TRAY ABOUT...

- A time when you felt vulnerable and it went badly
- A time when you felt vulnerable and it went well
- When you are most vulnerable
- Messages from your home about vulnerability - make a tray about what happened with vulnerability in your house - show me what it looked/felt like if you were vulnerable
- What keeps you from being more vulnerable with others
- A time when you experienced shame
- Two ways to practice shame resilience
- What shame feels like when it comes on (may use abstract symbols)
- What needs to happen to help you know how to handle shame BEFORE it comes?