Relationship Support Network

Worksheet

Shame and Self-Compassion

Unworthiness and shame often show up quietly. They influence how we speak to ourselves, how we communicate with others, and how we decide what we deserve. This worksheet helps you notice those patterns and practice healthier ways of relating to yourself and others.

Step 1: Recognizing Shame and Unworthiness

Think of a recent situation where you felt small, embarrassed, disconnected, or not enough.

What happened

What thoughts showed up about yourself

(Check any that apply)
☐ I'm not enough
☐ I don't matter
☐ I did something wrong
☐ I'm a burden
☐ I should have known better
☐ Something is wrong with me

What emotion did you feel most strongly

Step 2: Practicing Self-Compassion

Self-compassion begins by acknowledging pain without attacking yourself.

Write what a compassionate response to yourself would sound like

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Examples
• “This is hard, and I’m allowed to struggle.”
• “I can care about this without shaming myself.”

Step 3: Using Affirmations to Repair Identity

Affirmations help replace shame-based beliefs with grounded truth.

Choose or write **one affirmation** that directly challenges the belief you noticed.

☐ My worth is not defined by this moment.
☐ I deserve respect, even when I make mistakes.
☐ I am learning and growing.
☐ I matter, even when I feel unsure.
☐ I can be imperfect and still be worthy.

My chosen affirmation

When will I practice this affirmation
☐ Morning
☐ Evening
☐ Journaling
☐ Before difficult conversations

Step 4: Using Mantras for In-the-Moment Regulation

Mantras help steady you when emotions rise quickly.

Choose or create **one** mantra to use when shame is triggered.

☐ I am safe.
☐ This feeling will pass.
☐ I can stay present.
☐ I don’t need to fix myself to be worthy.
☐ I can choose my response.

My mantra

When I feel triggered, I will repeat this mantra instead of

Step 5: Assertive Self-Expression to Restore Self-Respect

Assertive self-expression turns self-compassion into action.

What truth, need, or boundary did I avoid expressing in the situation above

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Write an assertive statement that expresses this clearly and respectfully

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Examples
• “I need more clarity about expectations.”
• “I’m not comfortable with that.”
• “I want to slow this conversation down.”

Step 6: Using “I” Statements to Support Connection

“I” statements help communicate your experience without blame.

Rewrite the situation using an “I” statement.

I feel _____ when _____ because _____.
What I need or hope for is _____.

Example
“I feel overwhelmed when plans change suddenly because I need predictability to stay grounded.”

Step 7: Integrating the Skills

Which skill helped me most in this situation
☐ Self-compassion
☐ Affirmation
☐ Mantra
☐ Assertive self-expression
☐ “I” statement

How did using this skill change how I felt about myself

How might this help future relationships feel safer and more connected

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Unworthiness and shame lose their power when they are met with compassion, clarity, and honest expression. Each time you practice these skills, you reinforce the belief that you are allowed to take up space, speak truthfully, and remain connected without abandoning yourself.

You do not overcome shame by proving your worth.
You overcome it by practicing self-respect, one moment at a time.

These worksheets and exercises are part of the book, **Your Relationships can Change: The Self-Help Workbook**, by Dr. John Slate Ph.D.

The book is part of additional resources found at **https://RelationshipSupportNetwork.com**.

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