

**Exploring Triggers and Vulnerabilities Worksheet (Chapter 3)**

**Taken from: *I Thought It Was Just Me (but it isn't): Telling the Truth about Perfectionism, Inadequacy and Power* (Gotham, 2007)**

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**Shame Category \_\_\_\_\_**

**3 - 5 IDEAL IDENTITIES**

**I want to be perceived as:**

- 1.
- 2.
- 3.
- 4.
- 5.

**3 - 5 UNWANTED IDENTITIES**

**I do NOT want to be perceived as:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Looking at your list of unwanted identities, answer the following questions next to the identity:**

1. What do these perceptions mean to us?
2. Why are they so unwanted?
3. Where did the messages that fuel these identities come from?

**Looking at your list of unwanted identities, complete the following sentence:**

If you label me and reduce me to this list of unwanted identities, you will miss the opportunity to know that I'm complex and that I have many strengths, including:

- 1.
- 2.
- 3.

## Understanding Our Shame Screens Worksheet (Chapter 3)

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### Strategies of Disconnection

1. We have learned to *move away* by withdrawing, hiding, silencing ourselves and secret-keeping.
2. We have also learned the strategy of *moving toward*. This can be seen when we attempt to earn connection by appeasing and pleasing.
3. We have developed ways to *move against*. These include trying to gain power over others, and using shame to fight shame and aggression.

Reference: Hartling, L., Rosen, W., Walker, M., and Jordan, J. (2000). Shame and humiliation: From isolation to relational transformation (Work in Progress No. 88). Wellesley, MA: The Stone Center, Wellesley College. To learn more about the work being done at the Stone Center and the Wellesley Centers for Women, visit [www.wcwonline.org](http://www.wcwonline.org).

**I use the strategy of “moving away” when:**

**I’m most likely to “move away” with:**

**I use the strategy of “moving toward” when:**

**I’m most likely to “move toward” with:**

**I use the strategy of “moving against” when:**

**I’m most likely to “move against” with:**