

REPRODUCIBLE

4. How do you tend to respond to shame? Circle your preferred “shame shield” on the following table that seems to protect you from the pain of shameful experiences. List some of the common ways you tend to respond when you are ashamed of something.

<i>Moving Toward (Pleasing)</i>	<i>Moving Away (Escaping)</i>	<i>Moving Against (Fighting)</i>

5. Fill in the following table by reflecting on the following questions:
- a. How has your shame shield served you positively?
 - b. How has this shield hurt you or others, affecting you negatively?
 - c. Does the shield still serve you?

<i>How has my shame shield served me positively?</i>	<i>How has my shame shield affected my life negatively?</i>

REPRODUCIBLE

6. We all hold limiting beliefs about ourselves. What are three of the most challenging thoughts and beliefs you would like to overcome? How might overcoming these negative perceptions help you reframe challenges and become more resilient? How might overcoming these beliefs help you achieve some of the dreams you have for yourself?

<i>My dominant limiting beliefs</i>	<i>How might letting go of this belief benefit me or those I love?</i>

7. Have you ever encountered toxic positivity? What are some examples of toxic positivity that have served as more of a hindrance to resilience than a help?

REPRODUCIBLE

8. Self-regulation allows us to gain more control over our immediate situations by decreasing unhelpful stressors to build our potential for resiliency. Of the five stress domains (physical, emotional, cognitive, social, and prosocial), name one area you would like to focus on and set a goal to decrease just one stressor in that area this week. For example, perhaps the messiness of your workspace is getting overwhelming. Therefore, you might set a goal to decrease the physical stressor of the messy desk by spending your prep time cleaning it up.

Target Stress Domain (Circle one)	1. Physical 2. Emotional 3. Cognitive 4. Social 5. Prosocial
Action Goal	This week, I will work to reduce my _____ stress by _____ I know I will have achieved my goal when _____ _____
Reflect: How did targeting this stress domain decrease my overall sense of overwhelm? Would I continue this habit? Why or why not?	