First and foremost.

**THANK YOU**

For being willing to share your journey to help others. We rarely talk about shame and the dark moments we may have throughout our lives for fear of being judged or misunderstood. The purpose of this exercise is to not only share your story and help others grow but it’s also to help us connect and realize that we all have shame and that it’s time to stop letting it take over our lives.

Shame definition in Brene Brown’s book “I Thought It Was Just Me”:

***Shame is the intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging. Some women often experience shame when they are entangled in a web of layered, conflicting and competing social-community expectations.  Shame creates feelings of fear, blame and disconnection.***

The more that we can share and see other’s experiences through their eyes the more that we can increase our resistance to shame and start loving every inch of ourselves and others. Your story has value and the world will be a better place upon hearing it.

Some shame examples (there are too many to list here):

\*Body Shame \*Shame about what you deserve in relationships

\*Shame about your personal success \*Shame about parenting skills \*Shame about something “stupid” you’ve done \*Shame about how you feel \*Shame about depression/bipolar/mental illness \*Shame about divorce

\*Shame about not fitting in \*Shame about eating disorders

\*Shame about not feeling good enough

\*\*\*\*\*There are seriously too many to count which means that your voice truly matters to help battle the epidemic of self shaming

Below is the questionnaire. If you have questions feel free to call (608-206-3464) or e-mail Jenn.

**Once the questionnaire is completed please send it along with a photo (can be a personal photo or a photo/meme/quote that you feel best represents your story) to** [**jenn@jenndewallcoaching.com**](mailto:jenn@jenndewallcoaching.com)**.**

**Shame to Shine Questionnaire**

**Name:**

\*If you want to remain anonymous simply write anonymous or feel free to choose your own name. Anything shared with me will remain confidential and your identity will never be disclosed.

**Questions: Feel free to use as much space as necessary. We want to hear your story and every bit of it matters.**

1. **What is something you are ashamed of or what is a time that you experienced shame?**
2. **What type of support would you have wanted or do want from those around to reduce shame?**
3. **What has helped you overcome the shame? If you haven’t overcome it just yet what is something you are working on to help reduce the shame**
4. **What would you tell someone in a similar situation or what would you have told yourself then that you know now?**