



Overcoming SHAME in sobriety

This workshop is geared towards normalizing the conversation about shame to help us see who we are under all our masks, coping methods and the lies we've heard and told about ourselves, we'll see the wonderful truth about ourselves and feel more connected with our own value by following these steps:

(1) recognizing shame as a primary emotion and a freeze state under all the layers of controlling behavior. (2) accepting the painful feeling with no judgement, and;(3) using simple tools to overcome shame by setting new code of conduct and developing a compassionate adult.

- Have you ever avoided sharing in a meeting because you are worried what others would think of you?
- Have you ever hid something from your sponsor because you are worried that they will think you are superficial?
- Do you feel inferior to others and that your shares sound less put together?
- Have you ever gone to a new meeting to let something off your chest without having to deal with the folks in your regular meetings?
- Have you avoided responding in a group text, because, hmmm, what would they think of me?
- Do you criticize your judge yourself harshly?