

Activation of SHAME

1. List the type of things that get blocked in your life routinely.
2. Identify the cues in your body and mind that signal you have been blocked.
3. List the old patterns of behavior that typically happen when you are blocked.
4. Consider the new behaviors. What are the responses that increase your self-esteem?
5. Write a list of skills and tools that help you make that kind of choice when you're being blocked.

