

Heart Prep Part 2

Silence Shame

What is Shame?

Shame is a voice.

What does the voice sound like when you're referring to you? Is it negative?
Positive? Mean? Judgemental?

Can I start to bring that subconscious voice into the front of my mind? Can I start to notice negative self-talk?

Why do I think the negative shame-talk is happening? In what scenarios am I noticing it most?

What are the specifics of that voice saying?

How does it make me feel when I have these thoughts or externalized these words of shame?

How often is this voice at play in my day-to-day life?

**“We were not created with the voice of shame. The same way
we can learn communication styles, thought patterns and
belief systems - we too have the power to rewire those.”**

What thoughts and beliefs have been coming up for you during this lesson? How do these beliefs serve you? Do you want to keep partnering with them?

Think about the times in your life when you were humiliated, judged, condemned, rejected, abandoned, or punished. Let memories surface and take note of what conclusions were drawn in those experiences.

What is the difference between guilt and shame?

Courtroom Activity

In this lesson Jenny walks you through a Courtroom scenario where you have a judge, a defendant lawyer, a plaintiff lawyer, and jurors that are playing in your mind helping you take in information and make decisions. Take a few seconds to imagine that playing in your head.

What voices are at play and where are they positioned?

What or who is positioned to be the judge?

Is it possible that the voice of shame has influence in your court?

Are there any positions in that courtroom where God is seated? If so, is He in the seat you want Him to be in? If not, do you want His presence there?

Shame is judgement

“Shame tricks us into thinking we’re helping ourselves receive more love and connection, but we’re actually pushing it away.”

How has shame told you that you need to act in order to be liked? To fit in with others? Does that feel authentic to your identity?

The stress and worry of shame costs you.

What has shame cost you? What has it taken from you? What has it stolen in your life?

When Jenny had you pause and connect to gratitude in getting present, what was something that came up for you?

Shame is a protector

What do you do with all of this?

Exchange it.

**Exchanging your experience with God's truth
Exchanging the voice of your parents with the voice of
your heavenly Father's
Exchanging the voice of shame for the one of love**

Get curious about all of this and challenge yourself to ask God what He thinks. Write down both voices, the voice of shame and the voice of God and just practice letting yourself see both. Even if they are saying two different things right now and even if one sounds more true than the other right now.

Where are the edges of your comfort zone? Where are those walls or protectors standing on guard – positioned to keep you safe?

What makes you feel uncomfortable or unsafe?

In what ways has shame been your protector or the thing determining whether or not you're safe – whether or not you can be yourself or let your walls down?

Extra Journal Space:

[illegible]