

## RECEIVING GOOD SHAME MESSAGES

By Barbara Moon

**Get with a partner** with whom you feel safe. Read the statements aloud to your partner. Watch their face, eyes, and body language. They are not to answer. They just notice their body. After two or three statements, let them talk about how it felt in their body and emotions. Switch places and read other statements and notice how it feels. Discuss.

**It's OK to skip** around in the statements if that helps. You can repeat one. The listener can think of someone they might not feel safe with and see how it feels to hear the message.

**Notice if you** "heard" something besides what was actually said.

**Notice if the** one reading the statements felt anything that would be helpful practice for GIVING good shame messages. Discuss.

**If there is** time, read a few and let the other person come back with a gentle response.

1. When you smack your food, it really annoys me.
2. You are hurrying me.
3. I will go with you if you will try to temper your road rage.
4. When we have to be somewhere on time, it irritates me that you don't get ready soon enough.
5. I would appreciate it if you would replace the toilet paper roll when it gets empty.
6. Do you need to get your RCs on?
7. Could you put down your phone so we can talk?
8. When we are going out, it would help me if you would help get everyone ready.
9. When you criticize me, it really hurts and I am not eager to be close with you.
10. The other day when I tried to talk to you about how I was feeling, it didn't feel like you listened.
11. I really need your help with the kids right now.
12. I feel like I am not getting much help around the house.
13. I can't talk right now. I will get with you later.
14. I need a break. I am feeling overwhelmed.