



# YOU ARE NOT YOUR SHAME

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## JOURNAL

All contents of this Journal have been written by Caroline Meade of It's Time For Me and are not to be copied or distributed.

I hope this month's journal will help you to know, acknowledge and understand your shame; and that your shame is in no way who you are, it doesn't define you and is not your identity. Please also know that this topic may bring things to the surface that feel difficult or uncomfortable. If this happens, please let me know and I can guide you to external supports that will help or you can also access these supports in the 'Pillars of It's Time For Me' that I have emailed you separately.



Before you begin writing in your journal it would be a lovely to safely light a candle and put on some relaxation music. It would also be lovely to close your eyes for a few moments to center yourself. Place your hands on your heart and just breathe in and out until you feel your body and mind are beginning to let go and relax.

Take time to think of the shame you are carrying or are feeling and write about it all below. Let it all out, the big and small. This is the space for it to be heard.



Next, take a moment to write out the shame that is within your family. This can be shame felt by a family member or shame that has been passed down the generations through hidden secrets, things being pushed under the carpet or repetitive situations that are creating more shame. Again, let this be the space to let it all out and for it to be heard.



Take time now to reflect on how shame has been affecting your life and the important areas of your life.

Why do you feel it has impacted your life in this way?



Do you believe that your shame has become a part of your core identity? If yes, why and if no, why?

Do you feel you are ready to let yourself release this shame? If yes, why and if no, why?