

The Inner Companion *Reframe*

1 Identify

Shame is telling you:

2 Create

Create in your mind a **kind** and loving inner companion. What might they say to you?

3 Rephrase

Your **kind inner companion** would say:

4 Remind

Remind yourself of what your **kind inner companion** might say when you notice that shame is taking over your thoughts.

The Inner Companion *Reframe*

1 Identify

Shame is telling you:

You shouldn't feel this way.

It was your fault.

You're defective.

You're not as pretty as they are.

No one likes you.

2 Create

Create in your mind a **kind** and loving inner companion. What might they say to you?

3 Rephrase

Your **kind inner companion** would say:

It's okay to feel that way.

You aren't responsible for others' actions.

You have so much to offer.

Each person has their own beauty.

I love you and you are worth it.

4 Remind

Remind yourself of what your **kind inner companion** might say when you notice that shame is taking over your thoughts.