A PAUSE, A PRACTICE, A NEXT STEP

Shame

You are more than this painful story.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice the global label

Write down the harsh label your mind is using. Then describe the specific feeling or event without treating it as your entire identity.

01 / Notice and reflect

What label am I applying to myself?

02 / Notice and reflect

What more specific description would be fair?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact your care team if shame keeps you isolated, prevents treatment, or leads to self-harm or substance use. Trauma-related shame may need skilled support; you do not have to work through the event alone.

Read more: VA · Moral injury and PTSD

More tools and immediate support: Our Healing Room / Crisis Support.