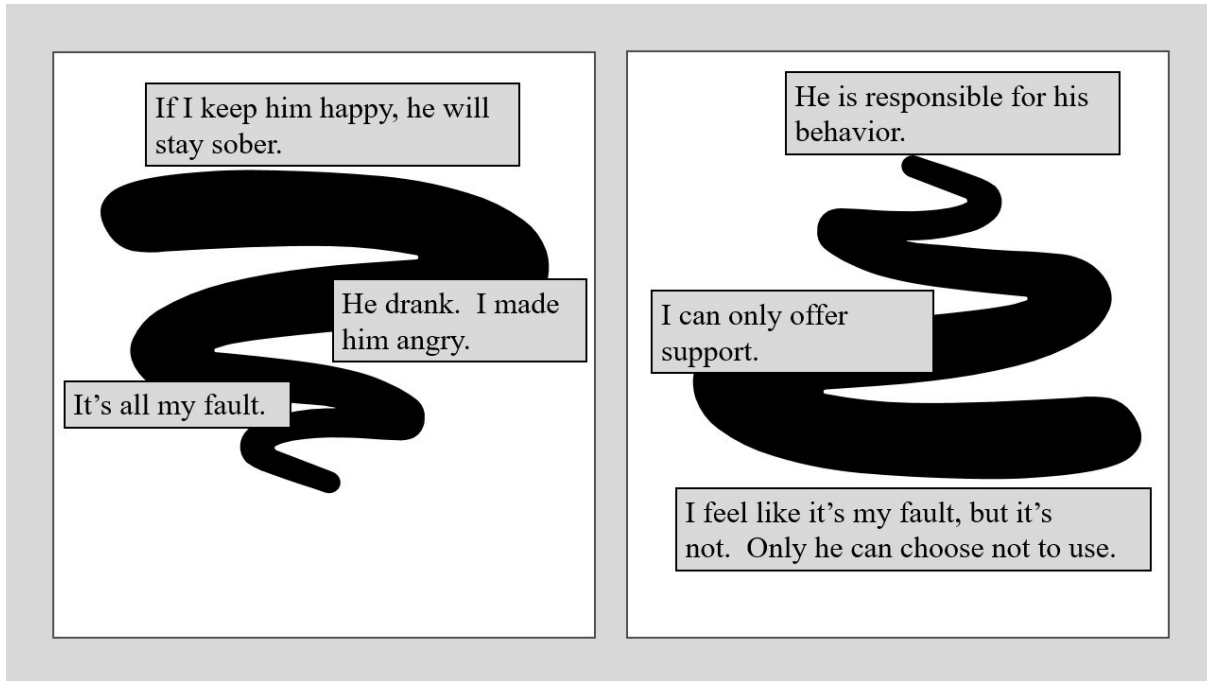


Reversing a Shame Spiral



If I keep him happy, he will stay sober.

He drank. I made him angry.

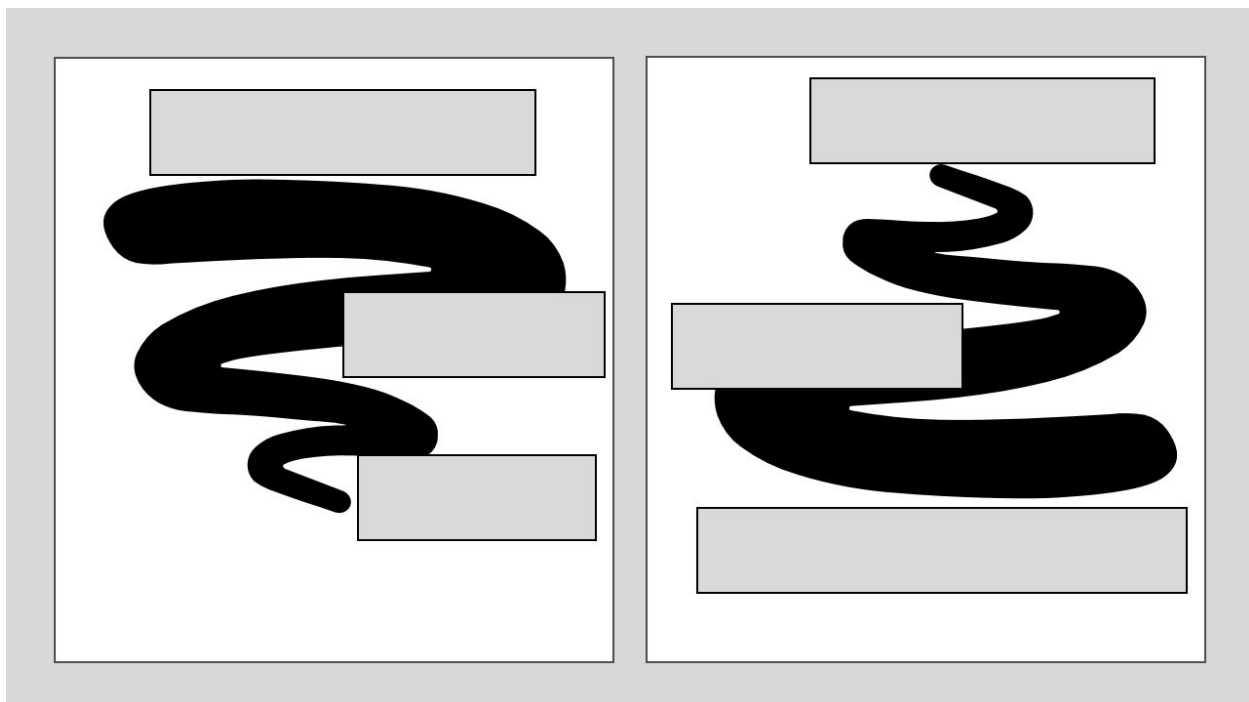
It's all my fault.

He is responsible for his behavior.

I can only offer support.

I feel like it's my fault, but it's not. Only he can choose not to use.

1. **Identify the Negative Self-Perceptions in your shame spiral.**
Add an example in each box
2. **Use your examples to develop “challenge” thoughts to reverse your spiral.**
These are reality-based positive or neutral thoughts that help us to reverse the self-destructiveness of shame.



Blank boxes for identifying negative self-perceptions and developing challenge thoughts.