

SHAME UNPLUGGED

Shame shrinks when it's named.
Speak it. Own it. Set it free.



REAL TALK



What are the shame messages
you hear most often?

How does shame show up in your life?

WHY THIS MATTERS CLINICALLY



What do you notice shame
costs you?

What might change if you
faced shame instead of hiding it?

MY STORY (YEAH, I'M HUMAN TOO)



What's a shame you've carried
(or still carry)?

What helped you start to break
its hold?



HOW SHAME FORMS AND LIVES



Childhood messages you
may have received:

Trauma or repeated
humiliation taught me:

Societal or cultural
messages that shaped me:

What shame script do you want to STOP passing down
to the next generation?

DARE: SHAME SHOUT

(PRIVATE VERSION)



- 1 What is one piece of shame you're ready to name?

- 2 I'm ashamed that...

- 3 What came up physically while you said it out loud?

- 4 What thoughts or emotions came up?

- 5 One honest sentence about how it felt to speak it:

- 6 After doing this, I choose to: ☐ Delete the recording
☐ Keep the recording because:



WHY THIS WORKS

Speaking shame out loud helps
your brain calm down, lowers
the intensity, and breaks the
secrecy that keeps you stuck.

How could this help YOU?

WHAT YOU MIGHT FEEL



Fear, panic, or the urge
to take it back



Relief, lightness,
or even laughter



Numbness at first

What did you feel most?



WHEN THIS GETS TOO HEAVY

If this brings up overwhelming emotions,
urges, or dissociation—stop.

- Reach out for support right away.
- Book private coaching at CleanCircle.io
- DM me anytime. You are not alone.

Who are 1–3 people you can reach out to
when things feel heavy?

1.

2.

3.



WRAP—YOUR WEAPON AGAINST SHAME

Shame thrives in silence, secrecy, and darkness.
When you speak it, you starve it.
This small, hard step of naming what hurts
is the beginning of real freedom.



REFLECTION

What shifted for you after the Shame Shout?

Did any of the videos hit home?

How can we support each other?



YOUR DARE REMINDER

Do the Shame Shout.
Listen once. Notice.

Hold onto that courage—
it's pure gold.



PROGRESS IS PROGRESS.

Reaching out isn't weakness;
it's power. Keep going.

