

Write your personal definition of shame:

What approach to managing shame do you use most often and why isn't it effective?

My Stressors and Action Plan

Identify all your shame stressors. Then identify which are high-risk stressors, those that influenced you in the days prior to your last relapse. Underline or circle the high-risk stressors, and pay particular attention to developing techniques to manage them.

Shame Stressor	Technique to Manage, Setting Boundaries or Life Change Required
Shame and Guilt Stressors	Technique to Manage, Setting Boundaries or Life Change Required