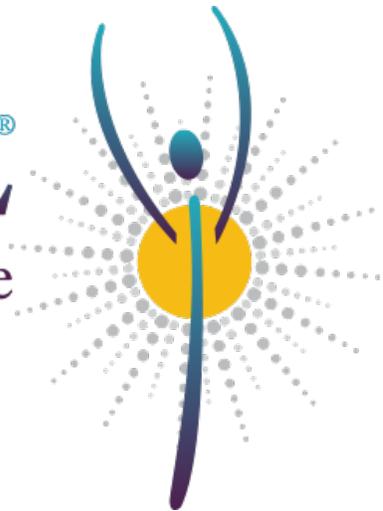


AST MODEL[®]

Shame Resolution & Resilience

empower worth and belonging



AST Model's Second Hand Shame Questionnaire

If you answer yes to 3 or more of the questions you are likely suffering from second-hand shame.

- 1) Are you triggered by your client's shame?
- 2) Does your client's shame create a feeling of professional inadequacy, defeat and incompetence?
- 3) Does the inability to resolve your client's ongoing sense of worthlessness, lack of acceptance, disconnect and shame make you feel burnout out, sick, headachy, or low in energy?
- 4) Does your sense of shame in the face of your client's inner conflicts, underbeing, or self-criticism make you feel helpless and reinforce a pattern of over giving in relation to your clients' and your work?
- 5) Do you find yourself blaming and resenting your clients because of the ongoing looping and defeat their shame creates in their time with you?

- 6) Do you feel when you cannot effectively shift your clients' shame response that you contemplate leaving your work, practice, or the helping/healing field?
- 7) Do you feel like you should know how to shame-proof yourself and you are certain your colleagues must know something you don't so you don't talk about it?
- 8) Do you long to gently yet effectively handle shame both for yourself and your clients in a way that feels inspiring and allows you to make the difference you want to?
- 9) Do you believe your professional life is stunted and you will continue to feel badly about yourself until you knew how to handle your clients in various shame states?
- 10) Do you feel learning to work successfully with your shame or your client's shame will take your work life and practice to the next level?

Please highlight the questions you answer yes to and save. Then send your completed questionnaire to caryn@re-embodyle.com for a complimentary consult to discuss it.