

# THE COMPASS OF SHAME

adapted from D.L. Nathanson, Shame and Pride, 1992

## About the Compass

When you feel like you are encompassed by shame, this tool can be used to help address the underlying emotions to our self-destructive coping skills. When we begin to see the emotions underneath our actions for what they are, neither good nor bad, but as information, we can begin to untangle ourselves from the web of shame. What is shame wanting to show you?

## How to Use the Compass

**Step 1: Identify behaviors.** Notice what behaviors are present in your life with diabetes. These are listed on the outer rim of the circle. Approach this with curiosity and a non-judgmental view. Tip: You can ask someone you trust to help you with this if it's too hard to do on your own!

**Step 2: Identify the core emotion behind the behaviors.** Draw a circle around shame in the center. Now draw a circle around the behaviors you identified. Connect the circles on your compass. The emotions located within the shape you just drew are the core emotions beneath your shame.

**Step 3: Identify better ways you can cope with the core emotion(s).** Now that you've identified and become aware of your core emotion(s), you can begin to address healthier ways to process them.

