

# *Shift Your Shame*

The core of all shame is not feeling worthy of love.  
Rather than ignoring how you feel, lean into how you feel.

Make your shame pattern conscious by recognizing that  
you are creating a story in your head.

Then speak your truth and diffuse your shame.

Observe when you have felt uncomfortable.

Tell yourself your fear is creating a story in your head.

# *Stop the Story and Speak Up*

Acknowledge what you are feeling by saying how you feel.

Be honest and curious with the other person.

Allow yourself to open to loving yourself and others.

Heal the unconscious parts of yourself and no longer let Fear,  
the root of shame, control your life and your relationships.

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