



Rumbling with Vulnerability: **SHAME SHIELDS**

See page 161 in *Dare to Lead*.

Length: 30-45 minutes

Our Why:

We will learn about strategies of disconnection, also called shame shields, so that we can learn to build our own awareness and ability to recognize when we feel shame. Being able to recognize shame will allow us to build shame resilience.

Vocabulary:

Shame – the feeling that washes over us and makes us feel so flawed that we question whether we're worthy of love, belonging, and connection

Shame Shields – strategies for disconnection (ways we can react when we are feeling shame)

Moving Away – secret keeping, hiding, isolating

Moving Against – coming out swinging; we fight shame with shame

Moving Toward – people pleasing, kissing up

Authenticity – to be genuine and real

Mantra – a statement or a slogan

Materials:

Shame Shields Worksheet | Shame Shields Sorting Activity

Starting with the Learning	Teacher Notes:
<p>Connection for engagement:</p> <ul style="list-style-type: none">• If you have taught the lesson on Shame, refer to the lesson and jog the students' memories on learning about what shame is, the physiology of shame, and the difference between shame and guilt.• Ask students to think of a moment when they experienced shame. Let students know they will not have to share this out loud.• Have students raise their hands and share how they reacted when they felt shame. Write the list of reactions on the board and acknowledge all of the different ways students react to shame.	<p>This lesson will make the most sense if it is taught after the Shame lesson, as it will be helpful for students to understand what shame is prior to learning about the shame shields.</p> <p>Extension Activity: Shame Shields Sorting</p> <ul style="list-style-type: none">• Cut up the sorting cards and have students sort into 3 categories

Mini-Lesson:

- Share with students that when we deal with shame, scarcity, and/or comparison, there are specific ways we often behave. We call these Shame Shields, which are strategies we use to disconnect from the pain of shame.
- Also share that the problem with Shame Shields is that while they feel like protection in the immediate moment, they stop us from being authentic (or genuine and real). These strategies not only disconnect us from shame, they also disconnect us from other people.
- Review and discuss the Shame Shields:
 - **Moving Away** - secret keeping, hiding, isolating
 - **Moving Toward** - people pleasing, kissing up
 - **Moving Against** - coming out swinging; we fight shame with shame
- Exercise
 - Shame Shield Worksheet
 - Have students answer the following questions about each strategy:
 - Who am I most likely to use this Shame Shield with?
 - What are specific situations that would make me use this shield?

Lesson Closing:

- Review the ways that we deal with shame, scarcity, and comparison.
 - Shame Shields or strategies of disconnection
 - We use these to disconnect from the pain of the shame
 - The problem is that these stop us from being authentic and can damage our relationships with others
- Review and discuss each of the Shame Shields

- i. Moving Away
- ii. Moving Toward
- iii. Moving Against

- Have students round-robin share one card and the category they picked then show agreement with a show of hands. When there are discrepancies, discuss which category is the best fit.

Moving from Knowledge to Daily Practice

The first step in being able to work through shame is to recognize when it's happening to us. When students experience shame, help them to recognize and identify the ways they use different shame shields. Guide students toward identifying the people they trust and who they can talk to about shame. They might want to think back on the Marble Jar exercise to identify people in their lives who have earned lots of marbles in the jar.

LOOKING FORWARD: There are lessons on Empathy and Square Squad. The lesson on empathy will teach students what the different attributes of empathy are. The lesson on Square Squad will allow students to determine who their square squad is so they know who to reach out to when they experience shame.

Shame Shields Sorting Worksheet



Moving Away – secret keeping, hiding, isolating	Moving Toward – people pleasing, kissing up	Moving Against – coming out swinging; we fight shame with shame
<i>Who am I most likely to use this shame shield with?</i>	<i>Who am I most likely to use this shame shield with?</i>	<i>Who am I most likely to use this shame shield with?</i>
<i>What are specific situations that would make me use this shield?</i>	<i>What are specific situations that would make me use this shield?</i>	<i>What are specific situations that would make me use this shield?</i>

Shame Shields Sorting Activity

Moving Away	Moving Toward	Moving Against
<i>Numbing</i>	<i>Complimenting in a way that is not authentic</i>	<i>Using shame to fight shame</i>
<i>Disappearing into our own lives</i>	<i>Perfectionism</i>	<i>Coming out swinging</i>
<i>Hiding</i>	<i>Kissing up</i>	<i>Sarcasm</i>
<i>Secret keeping</i>	<i>Performing</i>	<i>Blaming</i>
<i>Addictive patterns</i>	<i>Gift giving</i>	<i>Anger</i>
<i>Ignoring</i>	<i>Controlling the way others see us</i>	<i>Throwing things</i>
<i>Dodging questions</i>	<i>People pleasing</i>	<i>Road rage</i>
<i>Isolating</i>	<i>Apologizing when not really sorry</i>	<i>One-upping</i>
<i>Avoiding</i>	<i>Fitting in</i>	<i>Judging</i>
<i>Changing the subject</i>	<i>Saying yes when we want to say no</i>	<i>Lashing out and saying something you really regret</i>
<i>Denial</i>	<i>Not holding someone accountable for fear that they will be mad</i>	<i>Slamming the door</i>

