

Adapted from Brené Brown's  
*I Thought It Was Just Me (But It Isn't) Companion Worksheet.*

**Just a note as you begin - sometimes conversations like this can be too big to tackle on our own in a given season. If you'd like to talk with someone about what you discover in these questions, please feel free to contact Rob at [heypriest@gmail.com](mailto:heypriest@gmail.com) for a conversation or for some recommendations of counselling supports.**

## **EXPLORING TRIGGERS AND VULNERABILITIES**

Our unwanted identities dictate our behavior every day. It's worth it to figure them out and get real about them. Often, you'll see that the perceptions you want to have and want to avoid are totally unrealistic.

To get at shame triggers, figure out how you want to be perceived around a specific identity. So for example, with regards to motherhood, one might want to be perceived as calm, knowledgeable, educated and not perceived as overwhelmed, stressed out, too ambitious, or unable to balance career and mothering. When we write these down and look at them, we understand the perceptions that make us vulnerable to shame. In the process, we learn a lot about ourselves.

To start, pick a category (body, work, studies, parenting, etc.) Then, answer the following questions.

### **3-5 Ideal Identities I want to be perceived as:**

01.

02.

03.

### **3-5 Unwanted Identities I do NOT want to be perceived as:**

01.

02.

03.

Looking at your list of unwanted identities, answer the following questions:

**Unwanted Identity 1.**

01. What does this perception mean to me?

02. Why is it so unwanted?

03. Where did the messages that fuel this identity come from?

**Unwanted Identity 2.**

01. What does this perception mean to me?

02. Why is it so unwanted?

03. Where did the messages that fuel this identity come from?

**Unwanted Identity 3.**

01. What does this perception mean to me?

02. Why is it so unwanted?

03. Where did the messages that fuel this identity come from?

Looking again at your list of unwanted identities, try to imagine sharing your answers with Jesus. Now try to answer the following questions:

**Unwanted Identity 1.**

01. Do I feel safe sharing these thoughts with Jesus? Why or why not?

02. What might need to shift for you to feel safe entrusting Jesus with your answers?

03. If Jesus's perception of your identity is that you are beloved, accepted, good, etc. what do you think Jesus might say about this piece of your identity?

04. What might it take for you to receive that as true and how might that dissolve shame?

## **Unwanted Identity 2.**

01. Do I feel safe sharing these thoughts with Jesus? Why or why not?

02. What might need to shift for you to feel safe entrusting Jesus with your answers?

03. If Jesus's perception of your identity is that you are beloved, accepted, good, etc. what do you think Jesus might say about this piece of your identity?

04. What might it take for you to receive that as true and how might that dissolve shame?

### **Unwanted Identity 3.**

01. Do I feel safe sharing these thoughts with Jesus? Why or why not?

02. What might need to shift for you to feel safe entrusting Jesus with your answers?

03. If Jesus's perception of your identity is that you are beloved, accepted, good, etc. what do you think Jesus might say about this piece of your identity?

04. What might it take for you to receive that as true and how might that dissolve shame?