

SELF-SHAME CARD DECK

FOR WHEN YOU'RE SPIRALING



NAME IT!



WHAT FACTS DO I HAVE?



5-4-3-2-1 RESET



SELF-COMPASSION "LEARNING"



THIS IS RSD
MY BRAIN FEELS DANGER
NOT TRUTH!

RSD MAKES REJECTION
FEEL BIGGER THAN IT IS.
IT'S NOT REALITY

**IT'S SURVIVAL
RESPONSE!**

what was actually
said or done?

would I think the
same if a friend told
me this story?

did they really
say I failed, or am
I assuming?

name 5 things you see

touch 4 things near you

name 3 things you hear

name 2 things you smell

imagine 1 thing you taste

**MISTAKES ARE NOT
PROOF OF MY
UNWORTHINESS**

**THEY'RE PROOF
I'M SHOWING UP!**

**I'M ALLOWED
TO BE LEARNING**

CARD 1 BACK
CARD 1 FRONT

CARD 2 BACK
CARD 2 FRONT

CARD 3 BACK
CARD 3 FRONT

CARD 4 BACK
CARD 4 FRONT

SELF-COMPASSION "PACE"



REFRAME THE EVENT



MINI-ACTION PLAN



AFFIRMATION ANCHOR



**I AM NOT
BEHIND**

**I AM ON
MY OWN PATH
MY PACE IS
THE RIGHT PACE
FOR ME!**

**THIS IS DATA
NOT A VERDICT!**

What information
can I use here to
move forward?

what's the
smallest step
forward?

what's one 2-min
thing I can do **right
now** that would
help me feel a
little better?

**I AM MORE
THAN THIS MOMENT**

**THESE FEELINGS
WILL PASS
AND I WILL
BE FINE!**

CARD 1 BACK

CARD 2 BACK

CARD 3 BACK

CARD 4 BACK