

SELF-SHAME CARD DECK

FOR WHEN YOU'RE SPIRALING



NAME IT!



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 FACTS
DO I HAVE?**



**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?**

5-4-3-2-1
RESET



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**

SELF-COMPASSION "PAGE"



**I AM NOT
BEHIND**

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

SELF-COMPASSION "LEARNING"



**MISTAKES ARE NOT
PROOF OF MY
UNWORTHINESS**

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

**I'M ALLOWED
TO BE LEARNING**

REFRAME THE EVENT



**THIS IS DATA
NOT A VERDICT!**

**What information
can I use here to
move forward?**

MINI-ACTION PLAN



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?

AFFIRMATION ANCHOR



**I AM MORE
THAN THIS MOMENT
THESE FEELINGS
WILL PASS
AND I WILL
BE FINE!**