


Shame can cause a lot of emotional distress. In particular it is a feeling that “I am fundamentally flawed and that I am lower and/or different than others. It is a deep sense of loathing that comes from past hurts and pain. Looking at this inventory you can identify if your self-image is suffering because you are feeling shame from events that you may or may not have had control over. If you checked more than six boxes you should consider getting professional help to identify the areas that are causing you to loathe yourself.

I can identify the following areas of shame in my life:

	
<b>PHYSICAL</b>	
	<b>Body</b>
	<b>Face</b>
	<b>Hair</b>
	<b>Race</b>
	<b>Financial/Environment</b>
<b>EMOTIONAL</b>	
	<b>Depression</b>
	<b>Alienation</b>
	<b>Self-doubt</b>
	<b>Isolating loneliness</b>
	<b>Paranoia</b>
	<b>Compulsive disorders</b>
	<b>Perfectionism</b>
	<b>Deep sense of inferiority</b>
	<b>Fear of Failure</b>
<b>SPIRITUAL</b>	
	<b>Separated from God</b>
	<b>God couldn't possibly love me</b>
	<b>God loves others more than me</b>
	<b>I am not worthy of God's love</b>
	<b>Angry at God</b>
<b>VICTIM OF OTHERS ACTIONS</b>	
	<b>Sexual abuse</b>
	<b>Verbal abuse</b>
	<b>Physical abuse</b>
	<b>Parents</b>
	<b>Friends</b>
	<b>Teachers, coaches, other authority</b>
<b>LIFE CHANGING TRAUMA</b>	
	<b>Abortion</b>
	<b>Rape</b>
	<b>Divorce</b>
	<b>Sexual abuse</b>