Dismantling Shame

Exploring how mental health and spritual warfare are a normal human experience

Reflection

- Reflection: In what ways have I been mean to my mind and body for being tired or overwhelmed?
- The Shift: If I saw my struggle as a physical injury (like a broken arm) instead of a spiritual failure, how would I talk to myself differently today?

Disclaimer: This worksheet is for educational and self-reflection purposes only and does not establish a therapist-client relationship or replace professional medical advice. If you are in a crisis or having thoughts of self-harm, please stop and call or text 988 or dial 911 immediately.

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Reflection

- Reflection: Write out this sentence: "I can love Jesus and still struggle with my mental health."
- The Shift: What did you notice when you wrote that? Where did you learn the "rule" that says you can't be both faithful and struggling?

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Reflection

- Reflection: If a child told you their brain felt "scary" or "foggy," would you shame them or comfort them?
- The Shift: Why is it harder to give that same kindness to yourself? What would happen if you treated yourself with that same gentle care today?

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