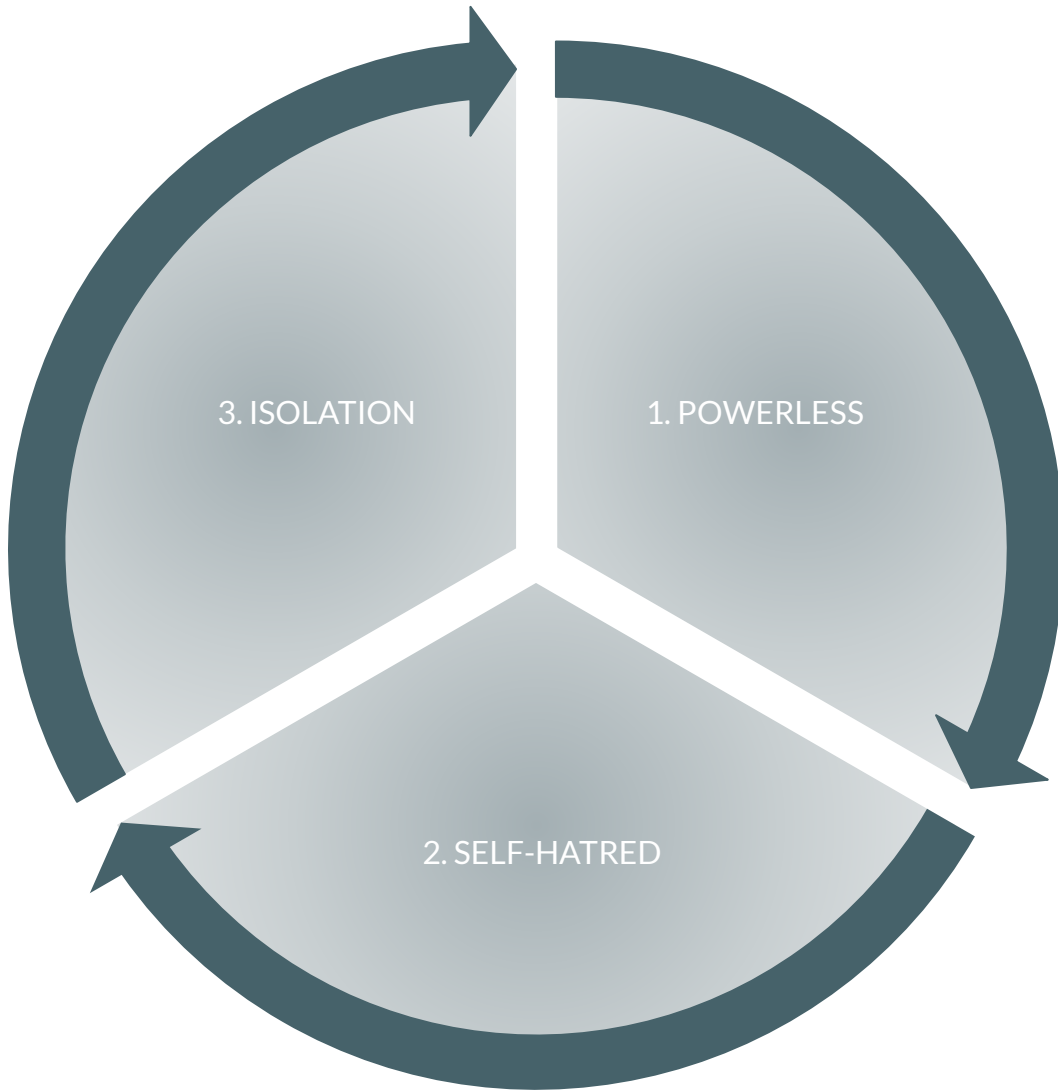


BREAK THE CYCLE



Toxic shame is a result from abuse and will keep you stuck. You do not have to stay stuck in shame. Fill in the 3 spaces below with words that make you feel powerless, self-hatred and isolated.



Breaking self-destructive habits requires action not just willpower. Write down three positive behavior changes to break each section of the shame cycle.

- 1. _____
- 2. _____
- 3. _____

