

**NO ONE LAUGHS
AT A BABY**

AKA

**SHAME
RESILIENCE 101**

I want you to think back to when you were a baby trying something for the first time.

Think walking, holding a spoon, rolling over, laughing, smiling, etc.

Here is a list of things NO ONE said to you:

Hurry it up you stupid baby!

Yuck, this baby is disappointing

This baby is worthless, I want another one

Hey! Come look! This stupid baby can't do this. Isn't it stupid? Hahahahahahaha.

LIVE

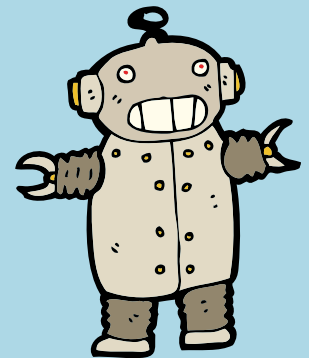
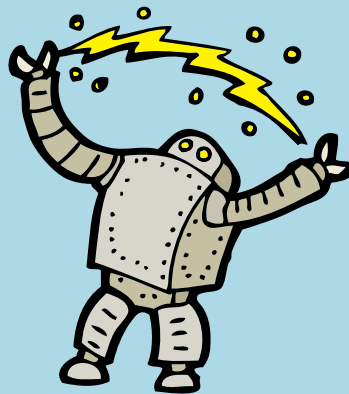
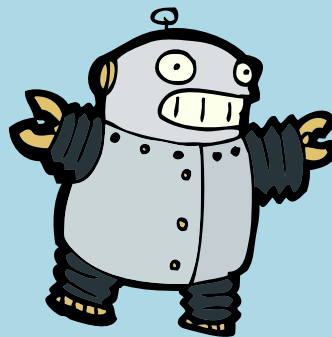
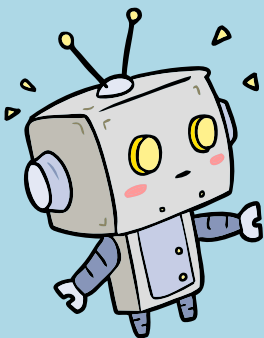
BREAKING NEWS

People do not harass and judge babies. More importantly, when you were a baby, you didn't care about anything other people thought. You were just hanging out doing baby things and drooling, living your best life.

So, What Happens?

As you get older you:

- Think more about the world around you and develop a social awareness
- Become connected to more people
- Begin to value your relationships with others and like social connection
- Start to think more about how other people think ABOUT you

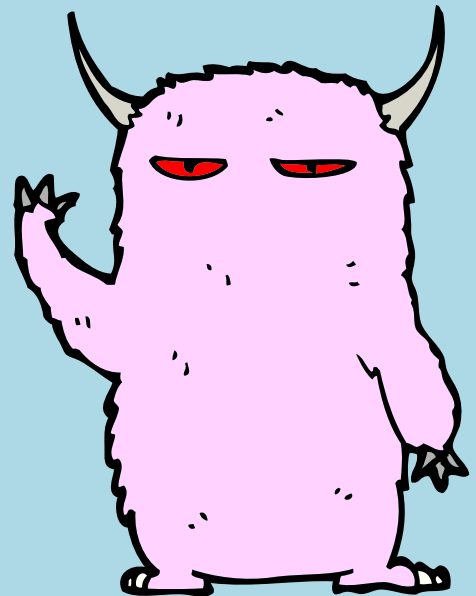


Since we are thinking about so much new stuff, we **start to develop new fears and worries** that these connections will go away, we will do something to damage them, or that we only matter if other people think we do.



**Which introduces
a new emotion
into our brains:**

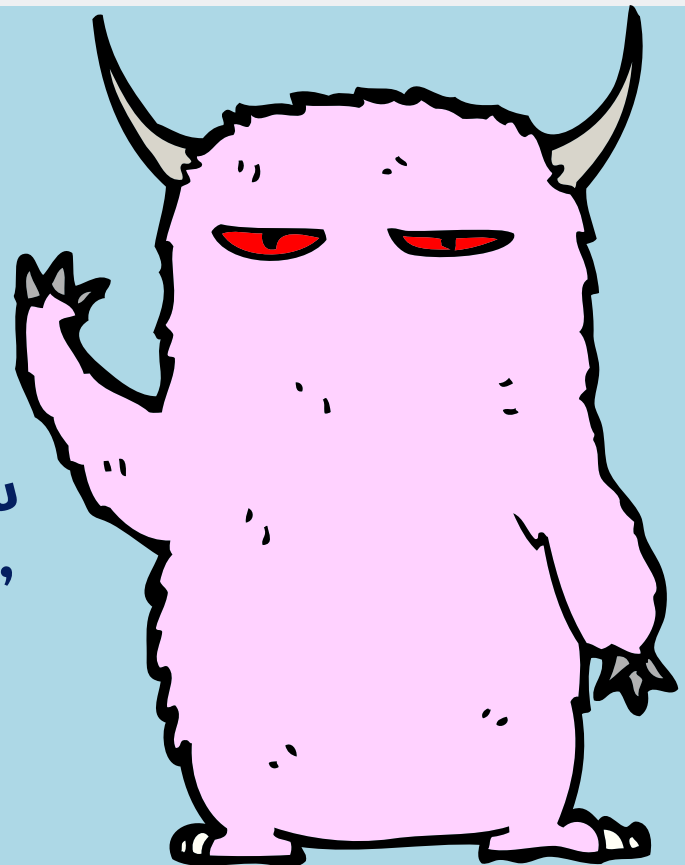
SHAME



SHAME

is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging-
Brene Brown

Hey, Folks! I'm the Shame Monster. I like to creep in and plant false stories in your head that make you feel like crap. Anyway, want to get coffee?



Your brain is wired to be social. You are conditioned to believe that your survival depends on others in the "pack" feeling connected to you and wanting to include you.

So, when you take a social risk, (even a little one) a signal gets sent to your amygdala, which starts processing and making predictions about how this is going to go.

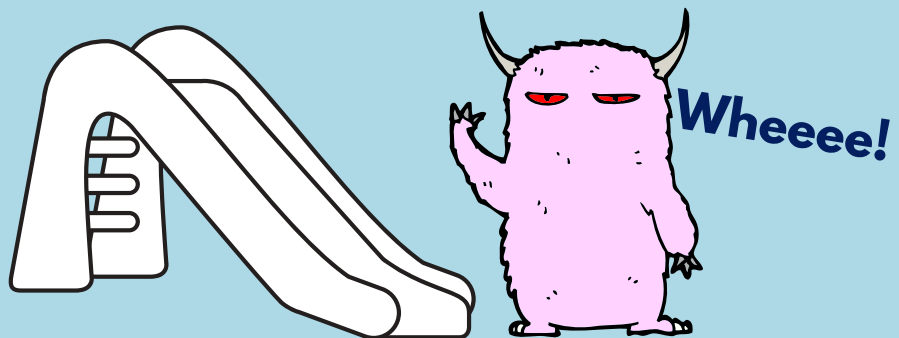


That's where I come in. I mess with those predictions. I make your brain predict bad things and disconnection.

Because the first signal gets sent to your animal brain, not your thinking brain, it can make it really hard for you to stop the bad predictions **SHAME** is making.

Instead, you can feel: Fear, doubt, dread, anxiety, vulnerability, and lots of other emotions.

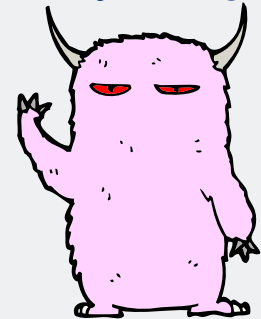
And off you go, down the slide of self-doubt.



SHAME

creeps in when you feel vulnerable to **whisper scary things full of self doubt and self-criticism**

wants to keep you small and stop your growth



wants you to believe you **need the validation of others** to think you are **worthy**

corrodes your sense of worth and makes you less likely to take risks, try new things, or stand up for your boundaries

makes you more likely to protect yourself by blaming others, lying, violating dignity, and **not taking responsibility for your mistakes.**

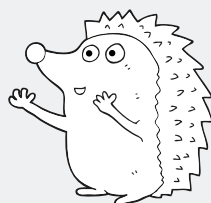
Tip 1 for dealing with **SHAME**

Shame is a universal emotion, everyone struggles with it. When you feel shame, **stop and ask yourself, "What story is shame telling me?"** Break down fact from fiction. Say it aloud to yourself, or tell a friend. For example, maybe you did mess up, but that doesn't mean everyone thinks you're stupid and no one will be your friend. That is the **lame story shame is trying to make you believe.** Try and remember, no one laughs at a baby.

Tip 2 for dealing with **SHAME**

Come up with a **code word** when you're going down the slide of self-doubt.

Saying "hedgehog"



over and over may look and feel weird, but it **forces your thinking brain to get back in the game**. Dealing with **SHAME** and shifting your predictions requires thinking about it, even though it sucks.

Tip 3 for dealing with **SHAME**

Remind yourself that you are rad and make yourself process shame. You can write about it or talk about how you feel with someone. **Empathy and connection are the ladders out of shame.** Remember that YOU are the keeper of your own dignity, you determine your worth, not others. **SHAME wants you to stay small. Don't fall for its tricks.**