

How Shame Speaks



The first sentence shame speaks is:

I got it wrong, I made a mistake.

I behaved badly. I committed an error.

The second sentence shame speaks is:

This mistake means something is wrong with me,
as in: I'm not good enough. I'm not smart enough.
I'm not worthy enough. I'm not loveable enough.

I deserve to be punished.

REFUTE IT

Yes, I made a mistake I need to correct,
but my worthiness as a human being
is not in question (ever).