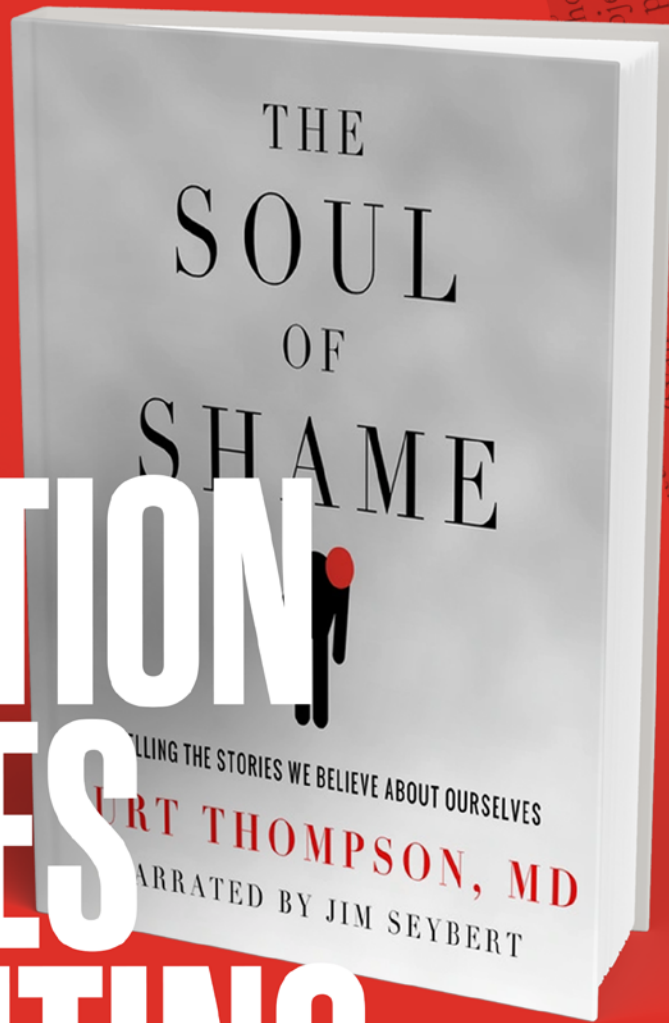




BKCLB

MAY 2023



APPLICATION EXERCISES AND WRITING PROMPTS

THE SOUL OF SHAME
BY CURT THOMPSON, MD

APPLICATION EXERCISES AND WRITING PROMPTS

How Shame Targets the Mind

As WE work through this book, absorbing the wisdom of God's design and the psychological detailing, consider getting into the practice of writing and keeping a record of the following:

What is taking up the most real estate of your attention? In what way is shame driving that process?

Three to four times a day, pause to consider what emotion you are currently sensing, and what is the story you are telling that is supporting it?

What part of your past is the story you are telling drawing on? What is the future story you are telling as a result of the emotion you are aware of?

Joy, Shame and the Brain

Over the course of the next week or longer, reflect and journal the following:

What brings you joy in the course of your day? Begin to keep a written record of these moments, and at the end of the week, consider your inventory and how you respond to it.

Who are the people who find joy in being in your presence? Consider telling them so in person or by handwriting them a note of gratitude.

When did you have an experience of shame that disintegrated your sense of joy and curiosity? Note the various physical, emotional and cognitive consequences you can recall.

How does shame begin to bend the way you tell the story about who you are and what your future will be?

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Shame and the Biblical Narrative

For this week's application, take a moment to read and reflect on Genesis 2-3. Consider the story of the Fall of Man as you have heard it, and how you encountered it in *The Soul of Shame*. Then journal your responses to the following questions:

How does shame's role in the passage feel new or different to You? How does your life demonstrate (at times) what it feels like to hide?

What are the relationships in your life in which you are more quickly tempted to talk about someone rather than with them?

Consider how shame is possibly playing a role in that relationship. How would you like that relationship to actually be?

Our Healing Cloud of Witnesses

Read Hebrews 12:1-2 every day this week. Journal your reflections:

Which parts of Hebrews 12:1-2 encourage or energize you?

Which parts intimidate or frighten you?

Renewing Vocational Creativity

If every act in our lives has the potential to create beauty and goodness, then it is no wonder that shame targets us to stop that, to disable not just us but the healing effect we can have on this world. This week, reflect and write about how shame has attempted to control the narrative of your vocational life.

How does it present itself as self-condemnation? As other-condemnation?

APPLICATION EXERCISES AND WRITING PROMPTS

Reflect especially on what it means for us to honor those parts of us that seem to be “less than.”

Who can you talk to about how your place of work can become an outpost of goodness and beauty?

How can your workplace become somewhere where you are developing a community of faith, hope, and love in the context of the work you do?

Consider how shame is possibly playing a role in that relationship. How would you like that relationship to actually be?

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