



BUILDING YOUR BEASTIES

Field Guide notes on emotion behaviour.

Think back to the last time you felt shame and imagine a 'shame beastie' in your place. How do you think it might behave? What sort of things might it do?

Continue on the back if you need more room.

shame

In what parts of your body do you feel shame most strongly? _____

Do you think that a 'shame beastie' would be easy to tame? What might you do to care for it?

