



# BUILDING YOUR BEASTIES

## Feeling Beastie Field Guide Notes

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?

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Continue on the back if you need more room.

# SHAME

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

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

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