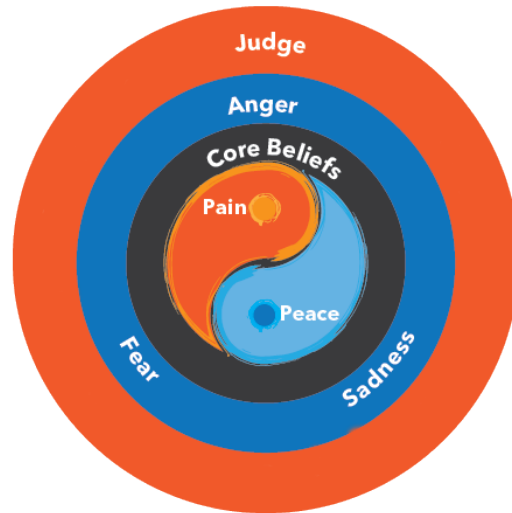


Day Three Assignment



When does shame show up in your life?

Think about the last week. Can you identify when the Judge showed up in your life? What triggered the Judge to come out?

Write out what the Judge said to you in second person.

What is the benefit that I am getting by continuing to believe the Judge?

Is what the Judge telling me true? If not, what is true?

Note: A more comprehensive exploration of Shame can be located in the [Finding Peace Workbook](#) or in the [Finding Peace Online Course](#).

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