

WHAT SHAME LOOKS LIKE

I NEED THE SPIRIT OF ADOPTION IF...

I'm afraid to let my true self be known to others

I feel inadequate

I seldom feel as if I am living up to what is expected of me

When I look inside of myself, I seldom feel any joy at who I am

I define myself by my past failures

I feel inferior to the really good people that I know

I am not worthy of love, why would anyone value me?