CoupleStrong

Process of Healing Shame

Serendipity (Joy)
Serenity (Peace)
Solitude (Ability to be alone)
Service

Intimacy with God
New Vision for Life
Reading and Studying the Bible
Prayer and Meditation

Assertive Nurturing Activities
Accept Self Renewing the Mind

Finding My Identity
Corrective Experiences

Grieving & Accepting Losses
Processing Original Pain

Ability to Reason Through Conflict
Feel Feelings
Life Focus Groups (12-Step)

Talking About My Pain Risking
Depending on Others

Finding Jesus Christ
and a New Family
Affiliation with Christians

Coming Out of Hiding

Stage 3:
Unashamed
Private – and –
Public Me

Stage 2:
Emerging Real
Me

Stage 1:
Real Me
Bound in a
"Shame Shell"