

## SHAME MODEL

**TIMING:** Saturday AM, at the end of the Shame Talk

**MODELS:** The desire is to have two models; however, it is acceptable to drop to one as necessary. Purpose is to model different types of shame from two different perspectives.

Come up with three statements for each of the four questions. You will work with the Speaker Coordinator on how to best word these statements and on the delivery. You must have them memorized but can have them written on a notecard in case nerves get the best of you.

- Avoid storytelling, or being overly dramatic with this exercise.
- Be open, honest, and take risks as you are modeling for the women to take risks with their group members.
- Be specific, but not graphic.
- Do not share reportable actions (like child abuse).
- Check in with the Speaker Coordinator before Saturday morning about your list to confirm you are clearly communicating what is requested of you.
- You are also the model for Broken & Beloved, and Image of Christ/Communion

### FOUR QUESTIONS:

1. The three most shameful things done to me ...
2. The three most shameful things I have done ...
3. Three things about me that I'm ashamed of ...
4. Finish this sentence: "The way I cover my shame is...." [These are usually False Selves]