

# GYM: Shoulding vs. Coulding

## Someone shamed you (5 mins)

### > Coach to client:

"In 2 minutes, tell me about a past time where someone heavily shamed/guilted you? When you access that memory, what feeling arises?"

Explore the shame/guilt's emotional impact on you: pain/ fear/ loss of trust, loss of connection? What was the other person missing from their perspective? What could they have said (instead) to communicate their truth, while conserving your dignity?"

## You shamed someone (5 mins)

### >Coach to client:

"In a couple of minutes, summarize a time when you 'cornered' someone else -approached, accused, attacked them in a way that led to them feeling immense guilt/ shame.

ie: "You said you'd be home by 9 pm, it's now 11 pm, I'm sick of your lies, you never keep your word."

The other person was clearly squirming, uncomfortable, contracted, yet you stayed on them?

What else could you have done to maintain their dignity, a sense of their possible innocence, and conserve their self-esteem? What other results might that have created?

## **You shamed yourself (10 mins)**

### **> Coach inquires:**

“When do you do this cornering/ criticizing/ attacking to yourself inside your mind? How do you internally shame yourself for doing something 'wrong', 'being lazy', 'failing', especially given where you were emotionally/ physically/ developmentally? (hindsight is always 20/20)

What if how you acted in that past situation towards yourself was literally the absolute best way available to you in that moment?”

### **Upgrade their frame with/ coaching:**

Work w/ yr client to create a new empowering narrative that reduces self-shaming and conserves their past dignity, while acknowledging their inherent value as a human being.

At the end, invite them to take a new action: “Based on this new perspective, what action(s) could you take now & the future?”