

WHAT SHAME LOOKS LIKE

I NEED THE SPIRIT OF ADOPTION IF:
CHECK THE AREAS YOU PERSONALLY STRUGGLE WITH



- 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?