WHOLEHEARTED LIVING

Wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the courage, compassion, and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough. It’s going to bed at night thinking, Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love and belonging.

- Brené Brown

www.oprah.com/brenebrowncourse
“Shame is the intensely painful feeling that we are unworthy of love and belonging”

Brené Brown
Children impacted by trauma need more...

they often come to us carrying a toxic level of shame
We will honor you, your birth family and your story, by putting your safety and best interest first and by being your partner and guide toward healing.
We will grow and learn together, how your early experiences hurt you and how they helped you too.
We will consider your history in everything we do and in all that we ask of you.
We will build and restore trust by teaching and practicing interdependence, by setting and honoring healthy boundaries, and by expecting you to learn to do the same.
We will help you build resilience by teaching you about your brain, self-regulation, and how mindfulness can help you heal.
We will become experts in your individual, unique needs, we will build a community of support especially for you.
You will never be responsible for what hurt you. You will always be responsible for overcoming, for healing, and for building a healthy, balanced and happy life and we are forever willing to help you grow into and reach that goal in your own, special way.
You will learn from us,
that you are important
and that others are too.
We will teach you the gift of atonement, by making repair when we mess up and expecting you to do the same.

~ Tiffany Sudela-Junker, Whole-Hearted Manifesto Addendum for Parenting Trauma Based-Special Needs
# THE DIFFERENCE BETWEEN GUILT AND SHAME

<table>
<thead>
<tr>
<th>GUILT</th>
<th>SHAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’ve done something bad/wrong</td>
<td>I AM bad/wrong</td>
</tr>
<tr>
<td>I didn’t do enough</td>
<td>I AM not enough</td>
</tr>
<tr>
<td>Gut Reaction</td>
<td>A judgement about Ourselves</td>
</tr>
<tr>
<td>Has a potentially positive purpose</td>
<td>Has a negative and destructive effect</td>
</tr>
</tbody>
</table>

“Shame is the lie someone told you about yourself”
-Anais Nin

Based on my research and the research of other shame researchers, I believe that there is a profound difference between shame and guilt. I believe that guilt is adaptive and helpful – it’s holding something we’ve done or failed to do up against our values and feeling psychological discomfort.
“Shame corrodes the very part of us that believes we are capable of change.”

Brené Brown
“Empathy is the antidote to shame”

Brene Brown
4 ELEMENTS OF SHAME RESILIENCE

1. NAME IT
2. TALK ABOUT IT
3. OWN YOUR STORY
4. TELL THE STORY
you're imperfect, and you're wired for struggle, but you are worthy of love and belonging.

BRENÉ BROWN