A PRACTICE FOR A HARD MOMENT · SHAME

A sentence for a friend

By **Jamie Bayof**

> *Talk to yourself the way you'd talk to a friend carrying the same thing.*

1. **If you feel the urge to hide, name it:** “This is shame.” Naming a feeling can turn down its intensity a little.
2. **Picture a friend** standing exactly where you are, carrying the same thing.
3. **Write the one sentence** you'd say to them.
4. **Say it out loud to yourself, once.** Awkward is fine.

The sentence I'd say to a friend

After I said it to myself

A short practice from the free guide and The Two Battles Field Manual (Shame).

Educational, not medical advice.
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