

Tired of Trying To Measure Up – Jeff VanVonderen

Chapter 7: Discussion Questions

1. What are some of the situations, relationships, behaviours, etc., that have been sources of shaming messages in your life?
2. Give examples of some of the shaming messages you have received.
3. At times, some people need to feel “bad” in order to feel “good”. Describe some “self-punishing” ways in which you have acted.
4. What are positive ways you have acted to try to erase shame?
5. Have you ever gotten into a “give-up/try hard” cycle of behaviour? Explain.