

Shame Inventory

A worksheet from *The Precious Gift* by Joe Asiba

Shame doesn't announce itself. It moves in quietly and rearranges the furniture. This inventory is designed to help you identify where shame has been living in your life — not to increase your pain, but to bring it into the light where healing begins.

Before You Begin

Find a quiet place. Take a deep breath. Ask God to be present. This is not a test — there are no wrong answers. Write honestly. No one will see this unless you choose to share it.

Part 1: Where Does Shame Live?

For each area below, write the first honest thought that comes to mind. Don't edit. Don't perform. Just write.

My body

What do you believe about your physical self that carries shame?

My past

What have you done — or what was done to you — that you still hide?

My family

What family pattern, secret, or expectation carries shame for you?

My work

Where do you feel like a fraud, a failure, or not enough?

My relationships

What do you hide from the people closest to you?

My faith

Where do you feel disqualified, distant, or unworthy before God?

My sexuality

What have you never said out loud?

My finances

What about your financial life makes you feel less-than?

Part 2: The Voice of Shame

Shame has a voice. It says things like: 'You're too much.' 'You'll never change.' 'If they knew the real you...' Write down the phrases shame uses most often in your life.

The three things shame says to me most often:

1.

2.

3.

Whose voice does it sound like?

(A parent, a teacher, a partner, your own inner critic, culture, religion...)

Part 3: Bringing It Into the Light

Look back at what you've written. Circle the ONE area where shame has the strongest grip. This is not the area where you are most broken — it's the area where the light needs to reach first.

The area where shame grips me most:

One person I trust enough to share this with:

When I will share it (be specific — day and time):

Closing Prayer

God who sees everything and still chooses to stay — I have named the places where shame has made its home. I am bringing them to the light. Not because I am strong enough, but because You are safe enough. Meet me here. Amen.