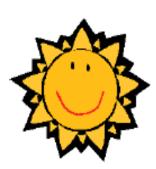# Shame

- Shame is the feeling you have when you've done something you think is wrong. It gets worse when someone else finds out.

- As someone who was abused, you didn't do anything wrong, the abuser did! So all that shame belongs to the abuser, not to you.

  - It is a good idea to get rid of every bit of any ashamed feelings. You didn't do anything wrong and it was not your fault.

  - Shame makes you feel worthless.

But you are worth a lot!!!