

Shame Based Identity Cycle

SBI

Example: "I'm not good enough"
"I'm Unlovable"
"I'm stupid/foolish"
"I'm a failure"

Distorted Thinking

Example: "I need to be a workaholic to prove my worth"

Life Damaging Consequences

Example: "I'm miserable because I work so much and don't have friends."

Acting Out

Example: "I work 70 hours a week."

