Shame Trigger Tracker & Reframing Worksheet

Lions Arise

Use this worksheet to become aware of moments where shame surfaces. Tracking the trigger, emotional response, bodily sensations, and thoughts will help you reframe and speak truth over yourself.

Part 1: Shame Trigger Awareness

Trigger Situation	Emotion Felt	Body Sensations	Shame Message (Thought)

Shame Trigger Tracker & Reframing Worksheet

Lions Arise

Part 2: Reframing the Shame Narrative

Use psychological and biblical truth to rewrite the shame message. Identify the truth, the new empowering belief, and the scripture that supports your new identity.

Shame Message	Truth Reframe	Scripture	Declaration

Shame Trigger Tracker & Reframing Worksheet

Lions Arise

Part 3: My Identity Declarations

Write 3–5 identity-based declarations to speak over yourself daily.