

LET'S TALK ABOUT SHAME CARDS

**– towards
a feeling
of being seen**



LET'S TALK ABOUT SHAME CARDS

Let's Talk About Shame cards

The Let's Talk About Shame cards are designed for professionals who work face to face with clients. They can be used as a tool for facing shame and supporting the client in a safe atmosphere, offering empathy and new hope. The cards encourage us to explore the emotions, thoughts and experiences that influence our actions. They help us build a shared language for talking about shame. They also offer perspectives to support success and help the professional travel side by side with the client.

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Let's Talk About Shame cards

The feeling of shame involves contradictions: we don't want anyone to see us – while, on the other hand, we very much need someone to meet us with approval and respect.

Why has shame received so little attention in encounters with people? Why is shame so difficult to identify? One reason may be that because shame is present everywhere, it is so commonplace that it is easily overlooked.

In the When a Child is Violent project, we encountered numerous parents who, out of shame, do not want to let their family, friends and professionals know that their child behaves violently towards family members.



Parents describe shame as a painful experience that often involves feelings of being a bad parent or having failed as a parent. Professionals also find it difficult to bring up the topic of shame when working with families.

The Let's Talk About Shame cards can be used as a tool for bringing the matter up for discussion. The material helps discuss feelings of shame, both your own and those of someone else. Shame is a normal basic emotion. If it is not spoken about, it may turn into an obstacle to meeting other people.

We hope the Let's Talk About Shame cards can help you in your encounters with other people.

When a Child is Violent - the project 2020-2022



Tukena

**Setlementti
Tampere**

See with your heart

- the story behind the Let's Talk About Shame cards

Shame is an emotion that is fundamentally linked to being human. It is a natural part of life. If shame and the related feelings of worthlessness and inferiority are hidden and not recognised, they consume our resources, undermine our well-being and prevent us from asking for help. At the same time, everyone needs to be seen, heard, faced and supported without shame.

The Let's Talk About Shame cards offer support in facing shame, like a beacon guiding the way from the shadows to the light. Shame can be defeated by looking at it, by speaking about it and by facing it safely, offering respect for and approval of the other person's situation. These cards offer support for seeing with the heart.



The Let's Talk About Shame cards were designed as a tool for professionals for their encounters with clients to help them recognise shame, to speak about it and to face it safely.

The box contains 93 different cards that help you identify thoughts related to moments of shame and face your emotions in challenging situations.

The cards also offer ideas to enhance the skills of empathy, compassion and mercy. They support the client's feeling of being seen and can be used to build psychologically safe encounters that offer new hope.

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The Let's Talk About Shame cards contain

10+2 **Moment of Shame cards** describing everyday situations which may involve shame.

10+2 **Voice of Shame cards** describing a person's inner speech in moments of shame.

5+2 **Sign of Shame cards** describing the physical sensations caused by shame.

15+2 **Avoiding Shame cards** describing activities we do in order to avoid shame.



10+2 **Empathy cards** to support the feeling of being seen and encountered with one's shame.

10+2 **Empowerment cards** to support success and help the professional travel side by side with the client.

5+2 **Self-compassion cards** to support personal resilience and well-being.

12+2 **Emotion cards** to help identify and verbalise emotions in everyday life.

Each part also includes an open card and a special card encouraging personal reflection.

How to use the Let's Talk About Shame cards

Method 1/3: Work with a client

Use the Let's Talk About Shame cards with your clients to support a safe, approving and confidential discussion and to inspire new ideas. The cards help clients to identify their feelings of shame as well as other thoughts and experiences that feel unpleasant and consume their resources. Using the cards may help them find words to describe their emotions, thoughts and experiences and make them visible.

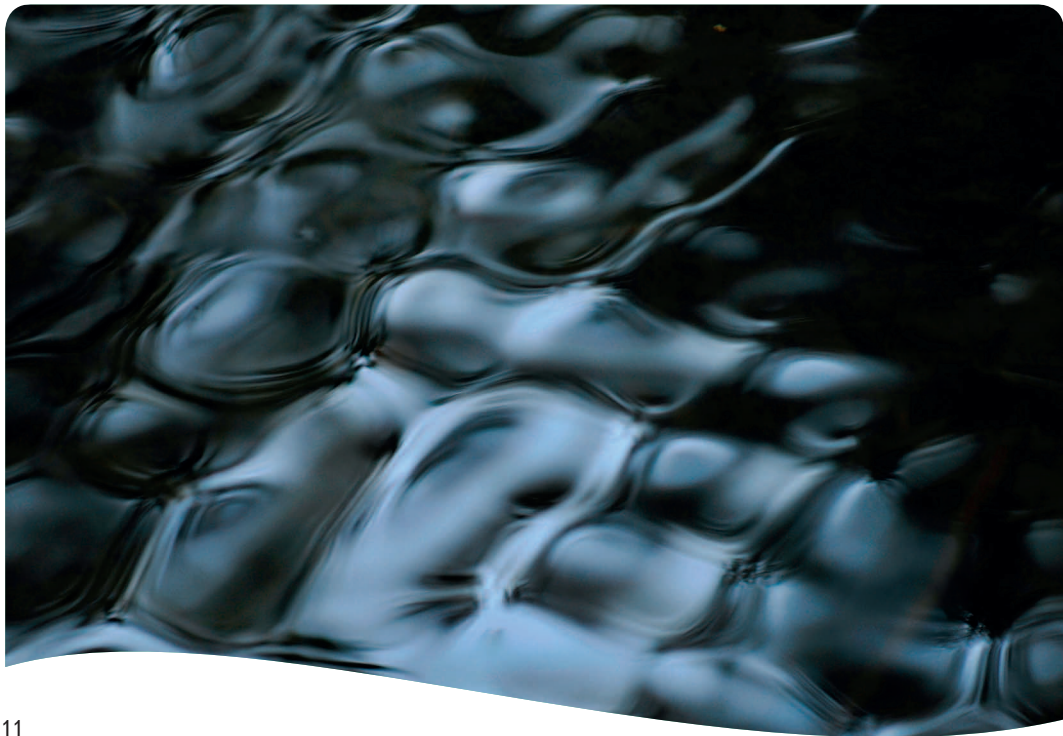


Method 2/3: Pausing to observe yourself

You can also use the Let's Talk About Shame cards to support your own professional growth. You can use them to enhance your understanding of yourself and to reflect on your actions in challenging client encounters. The cards may also help you in moments when you feel insufficient. You can use them to strengthen your own resources and well-being.

Method 3/3: Support discussion in the professional community

Bring the Let's Talk About Shame cards to your workplace and use them together with your team and/or colleagues to establish a safe space. The Let's Talk About Shame cards support bold discussions and empowerment amongst colleagues. They help you grow together, share experiences and learn from each other.



Moment of Shame

– a situation or an experience that makes you feel shame

**Violence against
myself by someone else**



Moment of Shame

– a situation or an experience that makes you feel shame

**Violence
against others
by myself**



Moment of Shame

– a situation or an experience that makes you feel shame

**A feeling
of helplessness**



Moment of Shame

– a situation or an experience that makes you feel shame

**Losing
my temper**



Moment of Shame

– a situation or an experience that makes you feel shame

**Outsiders' lack
of understanding**



Moment of Shame

– a situation or an experience that makes you feel shame

**A feeling
of being left out**



Moment of Shame

– a situation or an experience that makes you feel shame

Criticism and unsolicited advice



Moment of Shame

– a situation or an experience that makes you feel shame

Disparagement and rejection



Moment of Shame

– a situation or an experience that makes you feel shame

**A feeling
of not being heard**



Moment of Shame

– a situation or an experience that makes you feel shame

**Being
different**



Moment of Shame

– a situation or an experience that makes you feel shame

Open card

Any other situation or experience? Please describe.



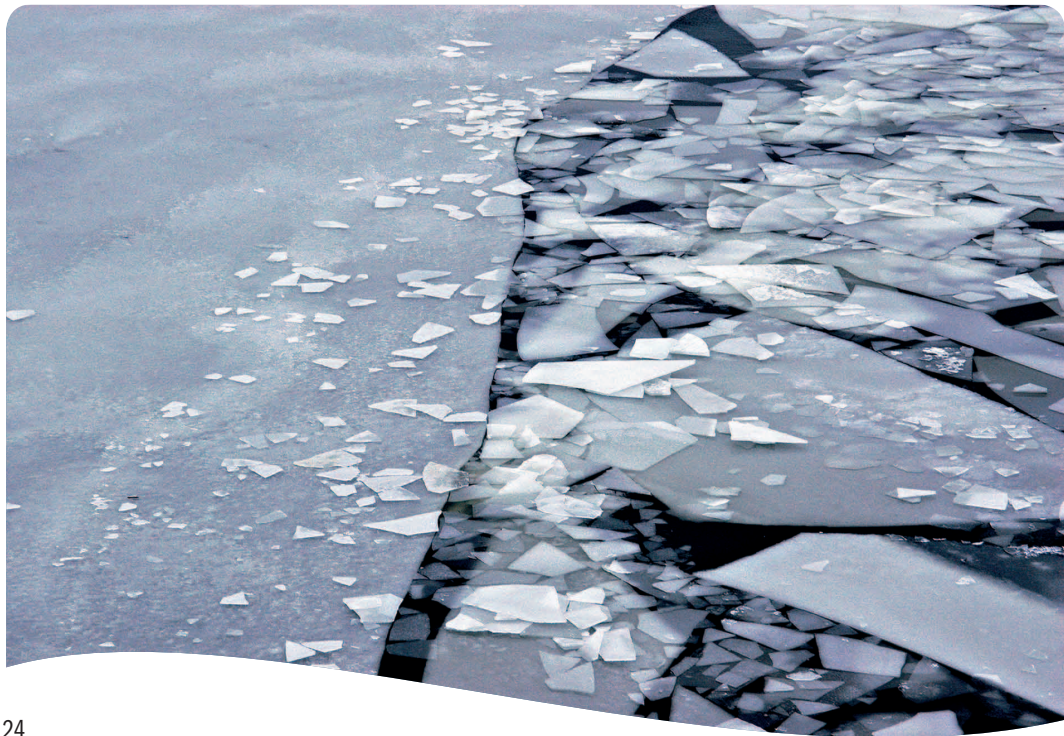
Moment of Shame

– a situation or an experience that makes you feel shame

Special card

**In what kind of a situation did you last feel ashamed?
What happened in that situation? Who was involved?
How did you react? What happened after that?**





Voice of Shame
– inner speech to self

**What an idiot,
who do you think you are**



Voice of Shame
– inner speech to self

**You should be able
to do better than that**



Voice of Shame

– inner speech to self

**I hope no one
finds out about this,
I will not tell anyone**



Voice of Shame
– inner speech to self

**What if it's all
my fault**



Voice of Shame
– inner speech to self

**I'm ashamed
of being ashamed**



Voice of Shame
– inner speech to self

**I deserve
nothing good**



Voice of Shame
– inner speech to self

**I can't do this,
it's not even worth trying**



Voice of Shame
– inner speech to self

**No one
understands me**



Voice of Shame
– inner speech to self

**I don't want
to live**



Voice of Shame
– inner speech to self

**There's no
way out**



Voice of Shame
– inner speech to self

Open card

Any other experience? Please describe.



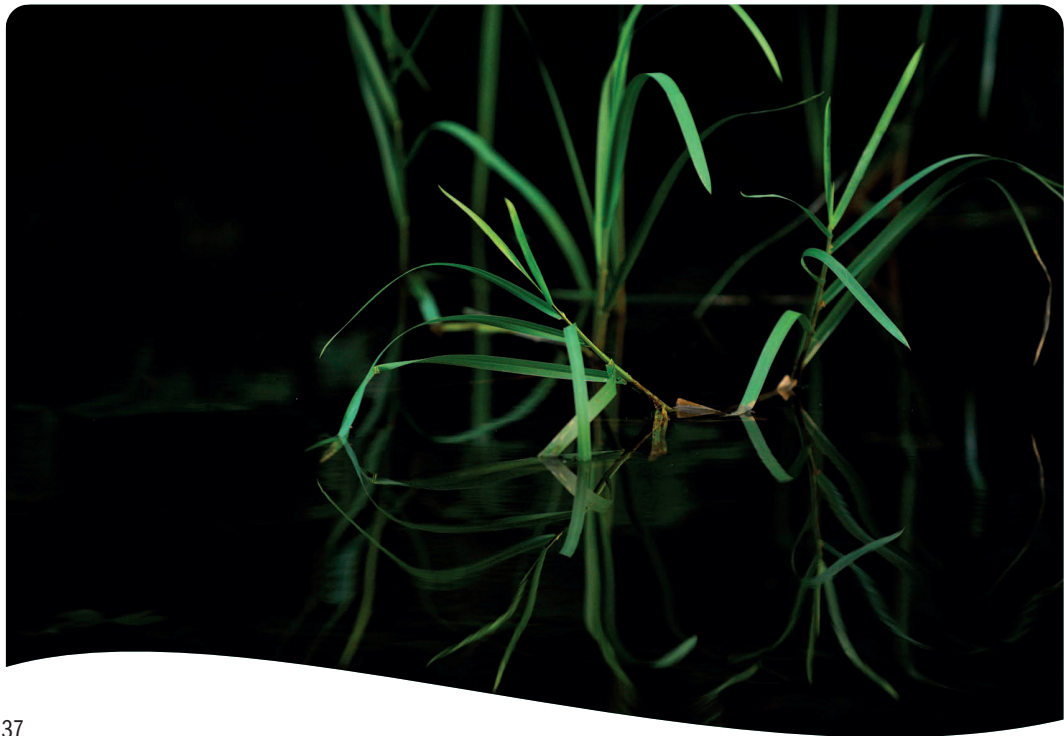
Voice of Shame

– inner speech to self

Special card

What do you find yourself saying to yourself in moments of shame? Whose voice is it that you hear? What does it tell you? How do you feel about what you hear? What do you do?





Sign of Shame

– a physical sensation indicating a feeling of shame

**Pain
in the chest**



Sign of Shame

– a physical sensation indicating a feeling of shame

**Palms
sweating**



Sign of Shame

– a physical sensation indicating a feeling of shame

**Cheeks
burning**



Sign of Shame

– a physical sensation indicating a feeling of shame

**Legs
giving way**



Sign of Shame

– a physical sensation indicating a feeling of shame

**Cannot find
words**



Sign of Shame

– a physical sensation indicating a feeling of shame

Open card

Any other sensation? Describe.



Sign of Shame

– a physical sensation indicating a feeling of shame

Special card

Where in your body can you feel the shame? How do you notice it? What do you do about this sensation? What does it make you do?





Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Lying



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Diminishing



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Overachieving



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Explaining away



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Flattery



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Avoidance



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Attack



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Feeling guilty



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Blaming others



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Comparing



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Self-criticism



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

**High demands
and lack of mercy
towards self**



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Seeking approval



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

**Never
good enough**



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Addictions



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Open card

Any other experience of avoiding shame?
Please describe.



Avoiding Shame

– a way to avoid the unpleasant feeling of shame

Special card

What are the ways of avoiding shame that you recognise in yourself? What are the situations in which you act a certain way? What would help you act differently?





Empathy

– support for seeing with the heart

**I wonder if I heard
you correctly
I understood that...**



Empathy

– support for seeing with the heart

**Would you like
to share this,
I want to understand better**



Empathy

– support for seeing with the heart

**Is there anything else
that's related
to this situation**



Empathy

– support for seeing with the heart

**What you are
experiencing and feeling is
very understandable and
human**



Empathy
– support for seeing with the heart

**That sounds
really hard**



Empathy

– support for seeing with the heart

**What would you
like me to do,
how could I best help you**



Empathy

– support for seeing with the heart

**You are already
doing so much**



Empathy

– support for seeing with the heart

**We will solve this problem
together, you don't have to do
it all by yourself**



Empathy

– support for seeing with the heart

**There is always hope,
we are going to find
a way forward**



Empathy

– support for seeing with the heart

**I'm glad
you told me about this**



Empathy

– support for seeing with the heart

Open card

Anything else to support an empathetic encounter?
Please describe.



Empathy

– support for seeing with the heart

Special card

What could help you identify
with the client?





Empowerment

– support for success and travelling side by side with the client

I listen in order to understand

**How do I know I am genuinely listening?
What helps me focus on the client?**



Empowerment

– support for success and travelling side by side with the client

I allow myself to have emotions

How can I identify and openly face my emotions arising from my work with clients?



Empowerment

– support for success and travelling side by side with the client

I don't know everything

What can help me drop the idea that I always have to know the answers?



Empowerment

– support for success and travelling side by side with the client

I take the story seriously

**In what ways can I show my clients
that I believe them and take their story seriously?**



Empowerment

– support for success and travelling side by side with the client

Travelling side by side

How do I position myself side by side with the client, as an equal partner, seeking and finding solutions together?



Empowerment

– support for success and travelling side by side with the client

Identifying with the client

**What helps me see the world
from my client's perspective?**

How could I enhance my everyday empathy skills?



Empowerment

– support for success and travelling side by side with the client

**Right now I am
here for this person**

How can I regularly remind myself
that it's not about me, it's about my client?



Empowerment

– support for success and travelling side by side with the client

I feel safe in uncertainty

**How can I face and deal with my own uncertainty?
How can I learn to accept it as a part of life
and a part of my work as a professional?**



Empowerment

– support for success and travelling side by side with the client

I choose to be brave

Where can I find the courage to have a warm and honest discussion?

How can I bring even difficult matters up for discussion in a respectful and safe atmosphere?



Empowerment

– support for success and travelling side by side with the client

I set up a true dialogue

How can I focus, discuss, listen and learn? What could help me there?



Empowerment

– support for success and travelling side by side with the client

Open card

Anything else to support success and travelling side by side? Please describe.



Empowerment

– support for success and travelling side by side with the client

Special card

Think of a recent situation where you were successful. What happened? List all the factors that had an impact on the situation. What made success possible and what were the good things that followed?





Self-compassion
– support for coping

**Today I will do my best,
using the resources
and skills that I have**



Self-compassion
– support for coping

**I will not be defined
by incompleteness or failure**



Self-compassion
– support for coping

**I will pay attention
to all the moments
when I was successful**



Self-compassion
– support for coping

**I will learn
to set reasonable targets
for myself**



Self-compassion
– support for coping

**Every day,
I do things
that give me strength**



Self-compassion
– support for coping

Open card

Anything else that helps you cope? Please describe.



Self-compassion
– support for coping

Special card

**What are the things in which you need
self-compassion right now?
What can you do for yourself today?**





Emotion

– support for recognising and verbalising emotions

Hatred



Emotion

– support for recognising and verbalising emotions

Embarrassment



Emotion

– support for recognising and verbalising emotions

Worry



Emotion

– support for recognising and verbalising emotions

Sorrow



Emotion

– support for recognising and verbalising emotions

Fear



Emotion

– support for recognising and verbalising emotions

Powerlessness



Emotion

– support for recognising and verbalising emotions

Frustration



Emotion

– support for recognising and verbalising emotions

Shame



Emotion

– support for recognising and verbalising emotions

Hope



Emotion

– support for recognising and verbalising emotions

Peace



Emotion

– support for recognising and verbalising emotions

Mercy



Emotion

– support for recognising and verbalising emotions

Kindness



Emotion

– support for recognising and verbalising emotions

Open card

Any other emotion? Please describe.



Emotion

– support for recognising and verbalising emotions

Special card

What is the most important emotion you are experiencing right now? What needs does it reflect? What would best help you right now?

