

Summer Discussion Guide

Season 3 | Episode 6

Reframe Your Shame

1. After listening to the episode, what is something new that you learned about shame?
2. Do you ever catch yourself in negative self-talk? How do you interrupt those thoughts?
3. What are some indicators that a little negative self-talk is turning into toxic shame?
4. Irene talked about cultivating God-confidence through declaring Scripture. What are some ways that you build your confidence in God?
5. What did you learn about the connection between fear and shame?
6. Irene said “flawesome” is someone who is flawed but knows they’re awesome anyway. What does it look like to embrace your flaws and your awesomeness?
7. What is your favorite ice cream flavor?