

Shame, Body Image & Sexual Health



- Body is a boundary – it separates us from the world.
- **Shame of body diminishes enjoyment and management of choices regarding our sexuality.**
- Shame results from unsafe treatment or harsh judgment by others or by myself.
- **Shame is a negative emotion that is often associated with feelings of unworthiness and embarrassment.**
- Shame interferes with one's potential to change self-destructive patterns of behavior.

