

LANGUAGE ROLE PLAY HANDOUT
DYAD PRACTICE
SPAIN SHAME WORKSHOP
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OPTION #1: THE TARGET IS A PART - EITHER A CRITIC OR AN EXILE

- **Role play:** each person gets 20 minutes as client and therapist, and 10 minutes to reflect on being in that role.
- **The client** will say: “I feel shame” or “I have shame”
- **The therapist** will explore this statement to find out if the client is thinking of the part who is doing the shaming (a critic) or the part who feels shameful (an exile).
- Example:
 - CLIENT: I feel shame.
 - THERAPIST: Let’s see if I understand. You have a part who shames you?
 - CLIENT: I guess so.
 - THERAPIST: Do you also have a part who feels shameful?
 - CLIENT: That’s me.
 - THERAPIST: Okay. I think we will discover that it’s not all of you. But let’s start with the part who is doing the shaming. How do you feel toward it?
 - CLIENT: Interested.
 - THERAPIST: What is it concerned would happen if it stopped shaming you?

OPTION #2 THE TARGET IS THE PROTECTOR POLARITY

The client will name a protector polarity between a shaming manager and a firefighter. The therapist will interview (or help the client interview) the shaming manager.

- For example:
 - CLIENT: I feel shame about smoking so much pot.
 - THERAPIST: You have a part who is smoking pot [*a firefighter*], and a part who is shaming the pot smoker [*a manager*]?
 - NAME THE POLARITY
 - CLIENT: Yes.
 - THERAPIST: Let's check in with the shaming part first.
 - START WITH THE MANAGER – SHAMING AND INHIBITION MOTIVATE REACTIVE DISINHIBITION