SHAME: What it is and What it Isn't



Led by: Libby Williams

Saturday 19th June 2027
10.00am - 12.30pm
(Coffee from 9.30am)

at Godalming Baptist Church, Queen Street, GU71BA

- **Most of us have an inner critic; a sharp condemning voice that orders us around or silences us or criticises our behaviour relentlessly.**
- **Or maybe you find yourself being put down and criticised by others-an external critic that you can't help but listen to!**
- **But where do these critical voices originate? What are they trying to achieve? How does slowing down to understand this barrage of criticism help us?**
- **Come along to find out more. Shame is often misunderstood in our culture or entirely ignored. By its very nature it wants to stay hidden and so we often do not have the language for this complex emotion.**
- **We will explore what shame is and what it isn't.**
- **We will look at its roots and what perpetuates it.**
- **We will start to understand how to overcome shame's impact in our lives.**

Please reserve a place, with payment of £10, by contacting Sally Pollard by *Friday 11th June 2027*
email: pollard3@hotmail.co.uk, Tel: 01483 428646