

# Fear and Shame Inventory

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Private writing exercise. Do not share or post these entries.

**Write three things about your inner life that have never been said out loud.**

**1.**

**2.**

**3.**

**Read them back once, slowly. Notice what happens in the body.**

**One sentence about how it felt to see the words on the page**

## **Safety**

This exercise is not therapy. If it opens something that feels dangerous to hold alone, stop and reach out to a therapist or a crisis line. In the US, call or text 988.