

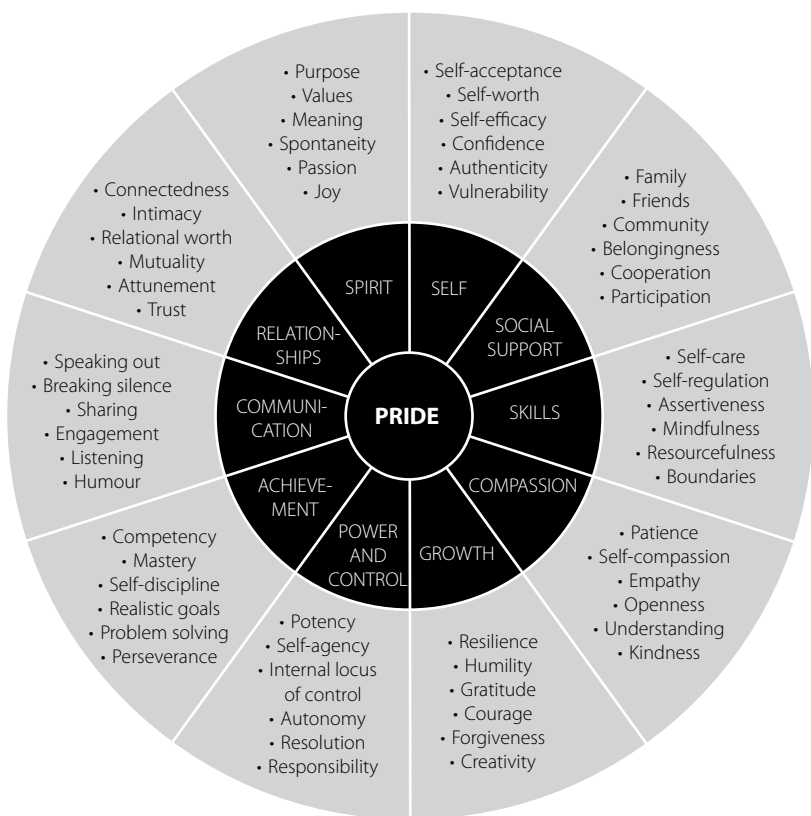


Figure 1.4 The circle of pride

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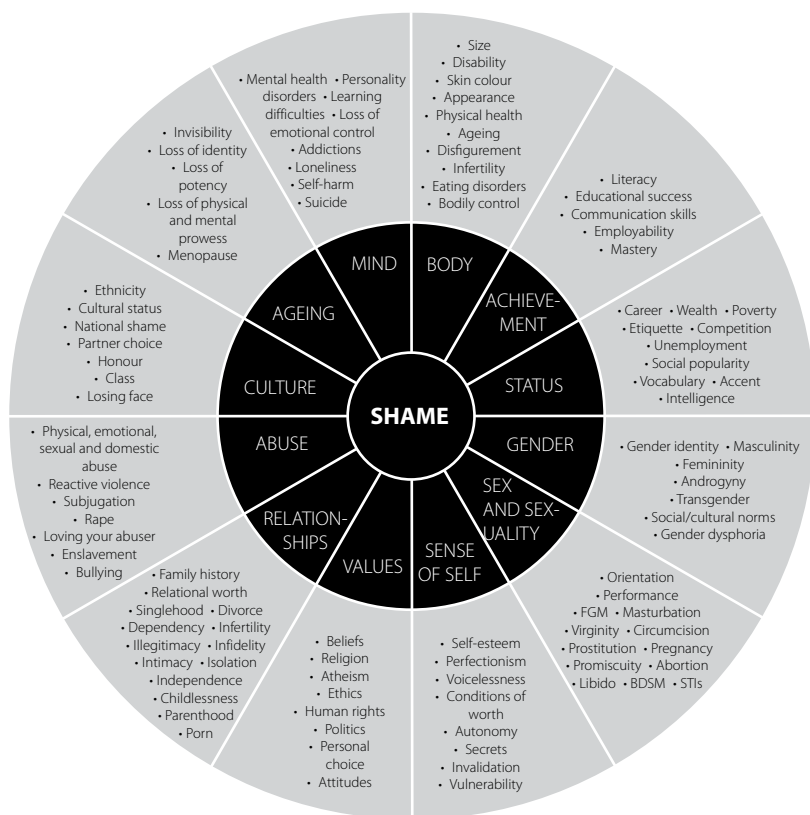


Figure 4.1 The Circle of Shame

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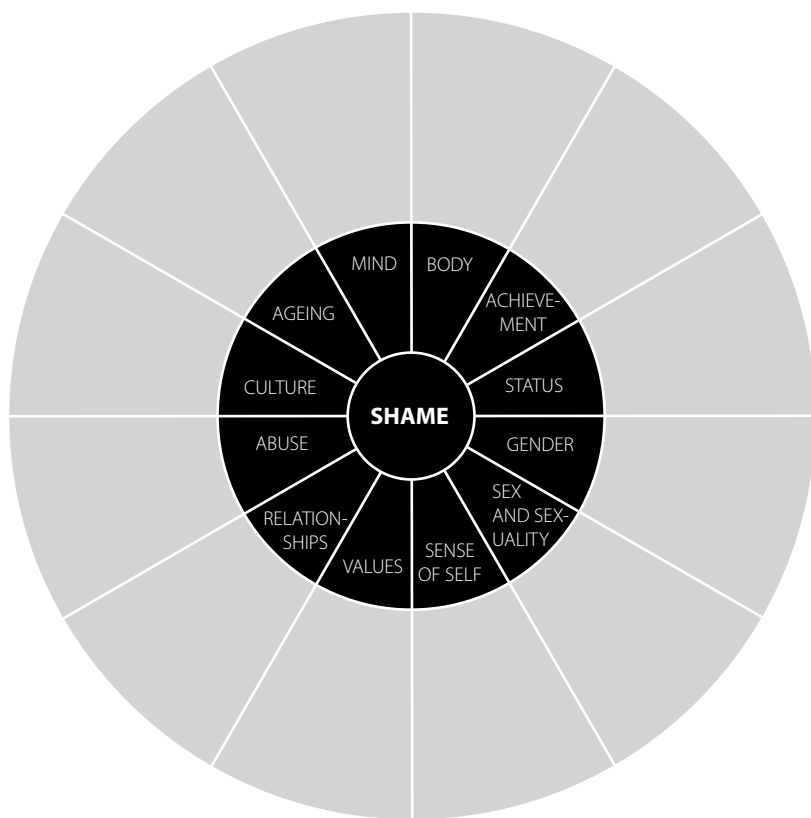


Figure 4.2 Circle of Shame

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Figure 5.6 Shame mask template

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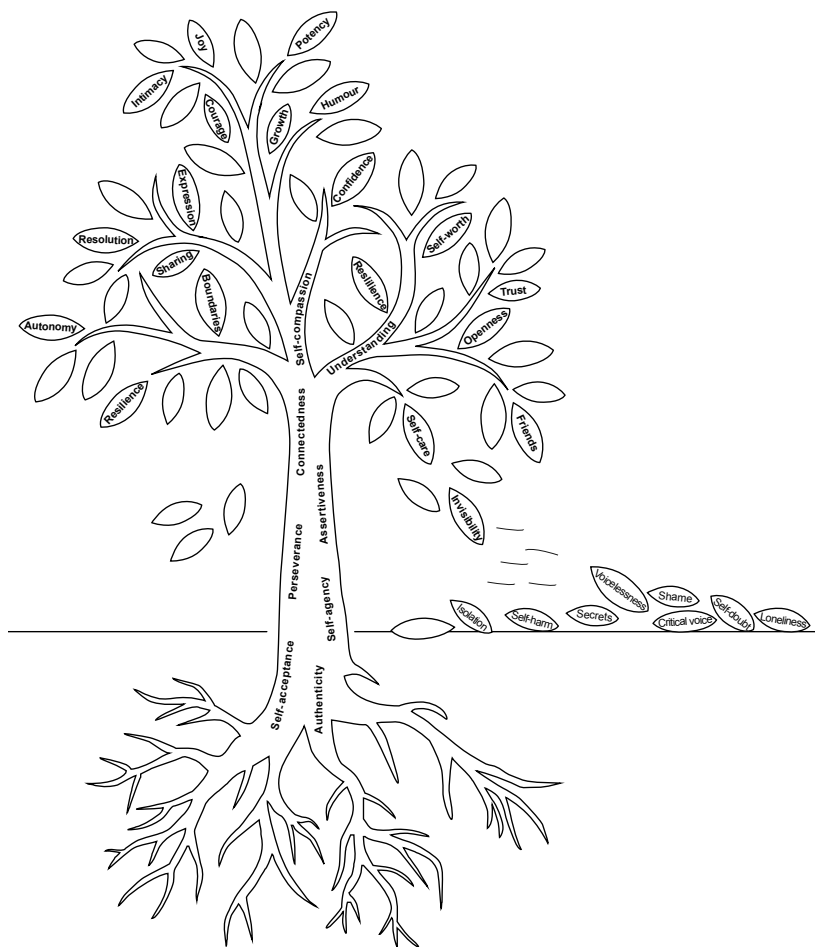


Figure 9.1 The tree of growth template

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Figure 10.1 Projective shame image

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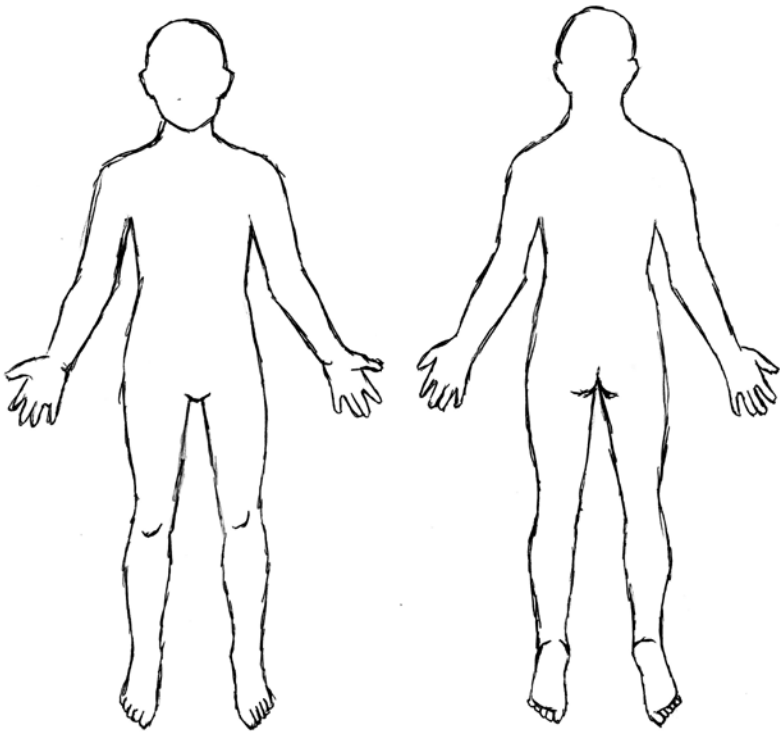


Figure 10.2 Body outline images

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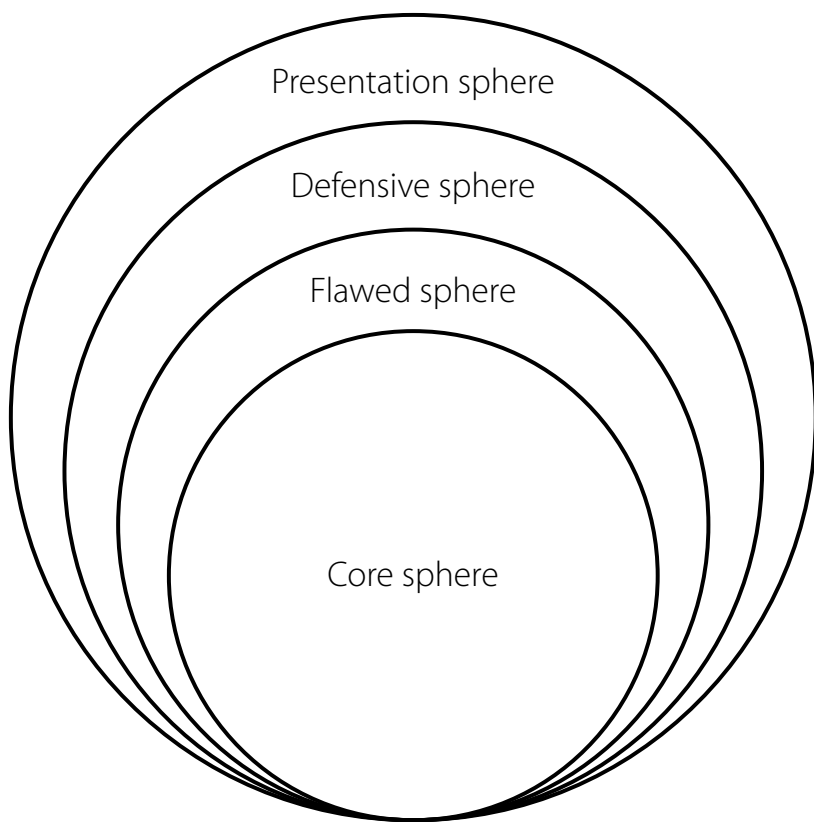


Figure 10.3 Spheres of self template

(Adapted from Potter-Efron and Potter-Efron 1989 Letting Go of Shame: Understanding How Shame Affects Your Life, Center City, MN: Hazelden.)

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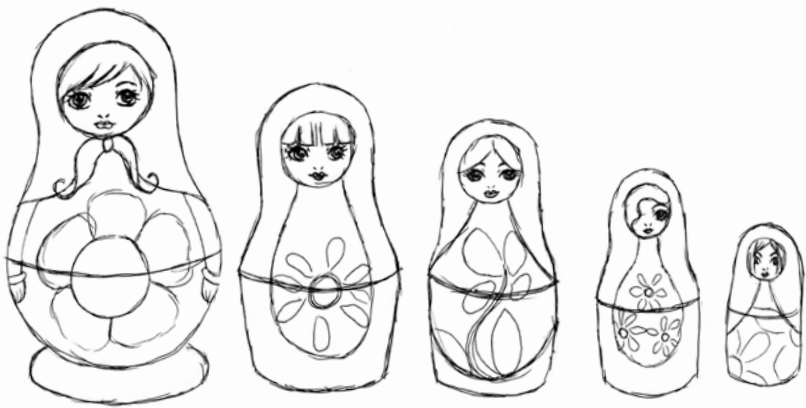


Figure 10.4 Nesting dolls illustration
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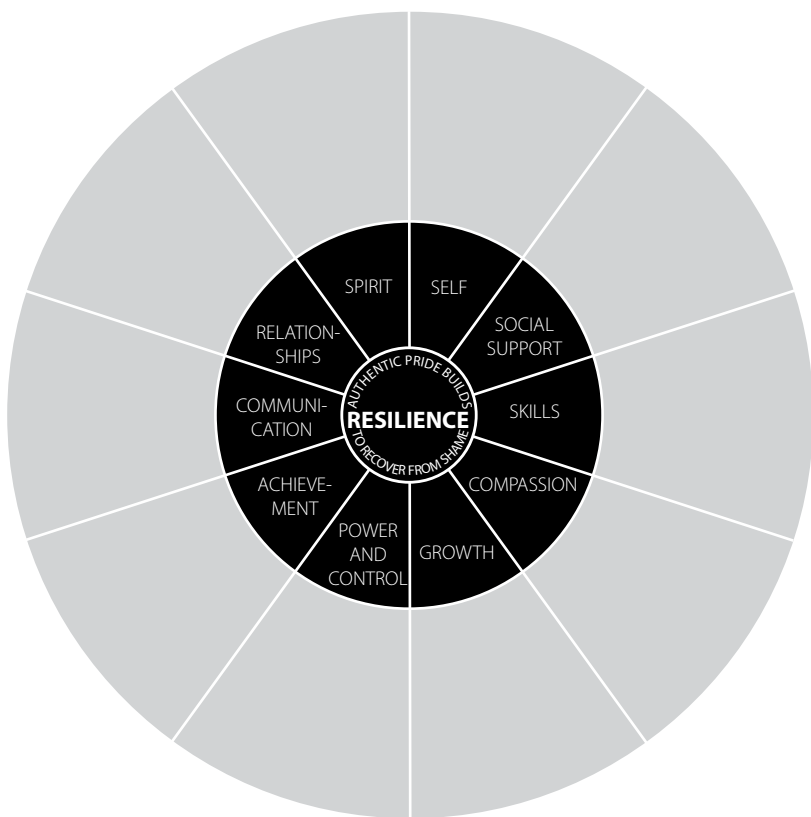


Figure 12.3 The Circle of Resilience

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