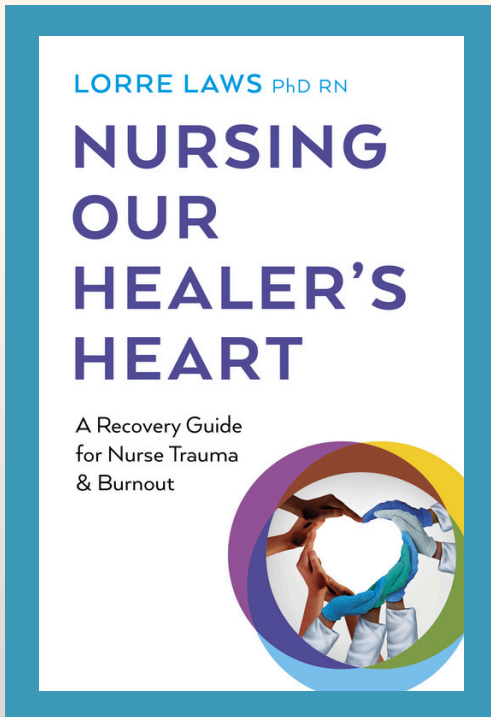




Companion Guide

This is your companion guide to *Nursing Our Healer's Heart*, filled with resources and the Haelan Nurse Activities at the end of each chapter. These resources will help you insulate yourself from the broken system so you can thrive instead of just survive in your practice. **Be sure to complete every activity so you can track your progress!**



Dr. Lorre Laws

Author, Nurse, Healer
Trauma & Burnout Expert



This companion guide and all of Dr. Lorre's resources, guides, worksheets, and other content are protected by copyright.

Dr. Lorre invested ten years and over \$200k to earn her PhD. She invested six years and over six figures of her own money to bring forth healing education and resources for nurses experiencing burnout and traumatization.

Thank you for honoring all that was required to bring these resources to you.

This work may not be copied, shared, reproduced, posted, or distributed without Dr. Lorre's express written consent.

Chapter 7

Transcending the Shame Layer with YICP

Overview:

In this section, you'll expand *YICP practices* to address the unique needs of the *shame layer*. Take a look at the cycle of shame below, perhaps you are experiencing some unhealed bits or outdated narratives that relate to shame

Shame

A Three-Step vicious cycle



Before we begin *liberating* from shame, please pause with YICP to **signal signs of safety**. We will be using this for our exercise

YICP Shame Layers Practice	
Shame Healing with Others	
Awareness Signal safety, bear hugs, gesture inclusion One hand over heart, the other over belly Welcome unhealed bits, feelings, sensations	Alignment Recall & Tell Notice & Welcome Signal Safety Share Repeat
Attending Power Hara Breath Practice 5-10 rounds All Aspects of Me are Safely Held & Loved All is Forgiven Practice Left side Right side Close at the heart	Balance Reflect and rebalance. How do shame stories affect our balance components?

On the following page...

We will share our shame stories through YICP. Let's continue leaning into the shame layers.

Chapter 7 Activity #1

Transcending the Shame Layer with YICP

Instructions:

Step #1 Start by writing down any mild shame experiences or narratives you may hold.

Step #2 Ask yourself & identify if this shame fits the facts

Step #3 Guide yourself through YICP with each shame story until you have experienced self-acceptance & the acceptance of others.

Step #1: My *mild* & more *lower-stakes* shame stories, narratives, feelings...

Step #2: Does this Shame Fit the Facts?

Place either a **checkmark** or an **X** next to your shame story above. Checkma



It is **TRUE**.
You have been or will be **rejected** from a life sustaining group

It is **FALSE**.
You were not or **are not rejected** from a life-sustaining group.

Chapter 7 Activity #1 Continued

Step #3: Transcending Shame through YICP

Take your mild shame stories and move through YICP until you've reached self-acceptance. Do 1 shame layer at a time, steady as you go

YICP Shame Layers Practice
Shame Healing with Others

Awareness
Signal safety, bear hugs, gesture inclusion
One hand over heart, the other over belly
Welcome unhealed bits, feelings, sensations

Attending
Power Hara Breath Practice
5-10 rounds
All Aspects of Me are Safely Held & Loved
All is Forgiven Practice
Left side
Right side
Close at the heart

Alignment
Recall & Tell
Notice & Welcome
Signal Safety
Share
Repeat

Balance
Reflect and rebalance.
How do shame stories affect our balance components?

When you feel ready, repeat this exercise to include. . .

My more *intense*, **higher-stakes** shame stories:

Three empty rectangular boxes with a light green border, intended for writing shame stories.

Again, we're using YICP Shame Layers Practice to transcend each shame story.

Healing is happening!