

Shame and Identity Resources

Resources on shame:

Brene Brown, has books, podcast episodes, and videos on the topic of shame. Below are a few favorites.

The Power of Vulnerability: Teachings on Authenticity, Connection, and Courage by Brene Brown

[Listening to Shame](#), Brene Brown 2012 TED Talk

[Empathy versus Sympathy video](#) by Brene Brown

[Typology Podcast](#), May 28, 2020 episode with Dr. Curt Thompson on the Enneagram and Shame

The Soul of Shame by Curt Thompson, M.D.

Identity Resources:

Discover more about your personality, strengths and weaknesses, how you are unique and also similar to others. By doing so, you will better accept and understand yourself.

Reading People: How Seeing the World Through the Lens of Personality Changes Everything by Anne Bogel

The Four Tendencies by Gretchen Ruben

The Road Back to You by Ian Morgan Cron (There are many websites and books on the Enneagram. This is just one I read and enjoyed)

The Enneagram Made Easy: Discover the 9 Types of People by Elizabeth Wagele (A great resource. This is an easy to read book about the enneagram. Start with this one if you know nothing about the enneagram. It is chock full of illustrations and not confusing.)

Highly sensitive people, check out Cheri Gregory and her test

<https://sensitiveandstrong.com/>

Myers Briggs 16 personality test and website <https://www.16personalities.com/> (There are many books written on the 16 Myers Briggs personality types.)

Other resources:

When to Walk Away: Finding Freedom from Toxic People by Gary Thomas (If the person who shamed you is also abusive, narcissistic, controlling, toxic or does not have your best in mind, and you are still dealing with them, read this book. We are not being 'good' people by staying in relationships with them and not having any boundaries.)

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bassel van der Kolk (If you have experienced trauma or had hard things happen to you, this book is a good resource.)