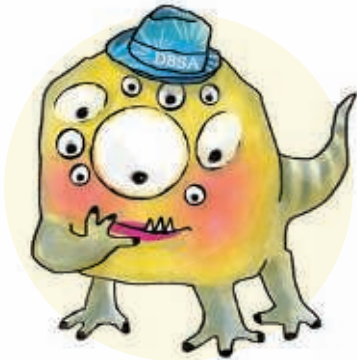


Unpacking Embarrassed's Backpack



Hi! I'm **EMBARRASSED** from the DBSA Mood Crew!

I know a good deal about feeling embarrassed and it doesn't feel great. But I've also learned some coping skills that can be helpful when I feel embarrassed. Remember, everyone—adults, kids, and Mood Crew members alike—feel embarrassment from time to time!



MOST PEOPLE PAY MORE ATTENTION TO THEMSELVES THAN REMEMBERING WHAT HAPPENED TO YOU!

EVEN THOUGH WE MAY FEEL EVERYONE WAS LOOKING AT US, MOST TIMES PEOPLE DON'T REALLY NOTICE ALL THAT IS GOING ON.

IF IT'S HAPPENED TO YOU, IT'S PROBABLY HAPPENED TO SOMEONE ELSE.

Here are some questions that helped me think through embarrassing situations. Write your answers or talk to a trusted adult about them.

Name a time you felt embarrassed.

What about that situation made you feel embarrassed?

Name three things you think will happen because of your embarrassing situation.

Now, try naming three positive things that could happen.

Do you think that situation could happen to someone else?

Now that you've asked yourself some questions about the embarrassing situation, how might you cope with an embarrassing situation in the future?

TAKE A DEEP BREATH!

MAKE A JOKE!

WALK AWAY FROM THE SITUATION!



Depression and Bipolar Support Alliance