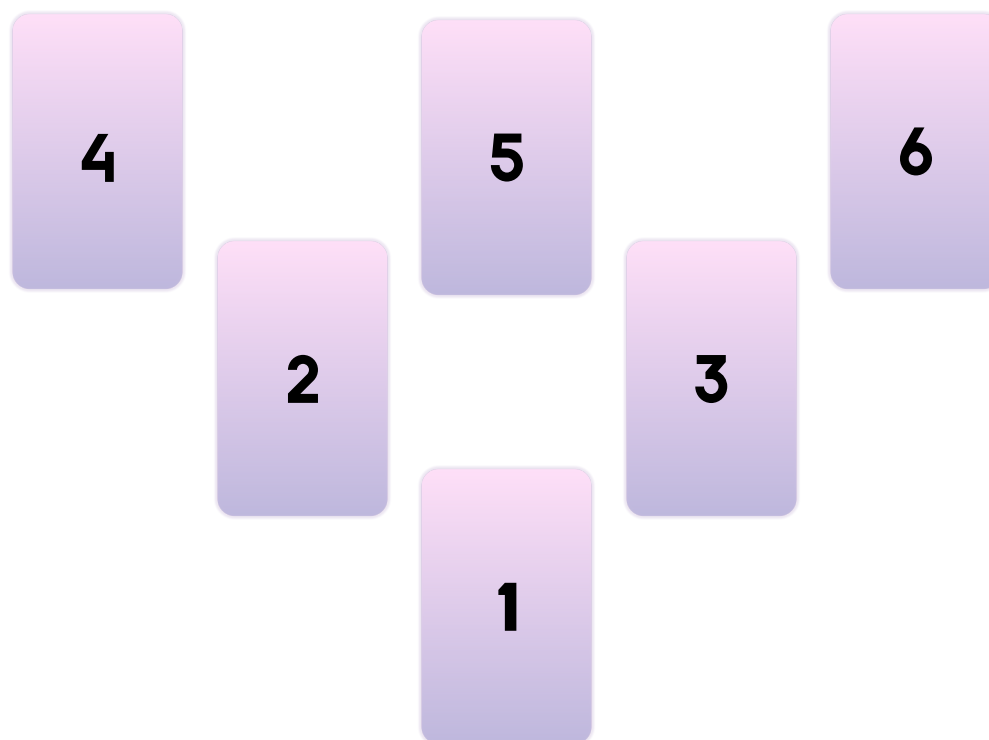


Shame Alchemy

For when shame feels heavy. This spread helps you break it down, burn off what doesn't serve, and reveal the true value within.



Positions:

1. **The Lead** - the shape of the shame that's weighing on me right now
2. **The Fire** - the recent spark or situation that ignited this shame
3. **The Crucible** - the old wound, pattern, or conditioning that intensifies the reaction
4. **The Residue** - the false story or judgment about myself that needs to be burned away
5. **The Transmutation** - the compassion or truth that begins to shift this shame into healing
6. **The Gold** - the inner strength or sense of worth I reclaim by moving through this process

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Journal/Reflection Prompts:

1. What story does this shame try to write about me? Where did I first learn that story?
2. What does this shame reveal about what I care most about? What might this shame teach me about the care or affirmation I needed but didn't receive?
3. How might I treat someone I love who feels this shame, and what would it look like to begin treating myself with that same compassion?