

Here are some self-reflective questions to explore the topic of overcoming toxic shame and fostering healthy self-esteem through self-compassion and self-acceptance:

- **How does seeing myself through God's love change my view of my worth?**
- **Which scriptures remind me of my value to God?**
- **How can I daily remind myself of God's love, especially during shameful moments?**
- **How does God's grace help me forgive myself and move on from mistakes?**
- **What does being empowered by God's love mean, and how can I show it?**
- **How can I shift from self-criticism to self-compassion with God's love?**
- **What affirmations reflect being valued by God?**
- **How can God's love help me face challenges with confidence?**
- **What core beliefs about myself contribute to toxic shame?**
- **How do these beliefs affect my self-esteem?**
- **How can I practice self-compassion to counteract these negative beliefs?**
- **What actions can I take to develop a more realistic self-view?**
- **How can I distinguish between constructive self-criticism and harmful judgment?**
- **What role does self-forgiveness play in overcoming shame, and how can I practice it?**
- **How can I challenge unrealistic standards that fuel my shame?**
- **What affirmations or self-care practices can reinforce a healthy self-image?**
- **How can I balance acknowledging flaws with celebrating strengths?**
- **How can connecting with others help build a positive self-image?**

These questions can help foster spiritual empowerment and self-acceptance in your journey of overcoming toxic shame and embracing self-compassion.

