

Use the following table to work through the source of the toxic shame.

WHO	INCIDENT	FAULTY MESSAGES	THE TRUTH
		The world is ... Others are ... I am ...	The world is ... Others are ... I am ...
		The world is ... Others are ... I am ...	The world is ... Others are ... I am ...
		The world is ... Others are ... I am ...	The world is ... Others are ... I am ...
		The world is ... Others are ... I am ...	The world is ... Others are ... I am ...
		The world is ... Others are ... I am ...	The world is ... Others are ... I am ...
		The world is ... Others are ... I am ...	The world is ... Others are ... I am ...
		The world is ... Others are ... I am ...	The world is ... Others are ... I am ...

Finally, make the connection between toxic shame (i.e., these faulty messages) and your infidelity and sex addiction. You can use this to interrupt and change your thought life. It might go something like this:

When I acted out sexually, I was using sex to seek affirmation and convince myself that I wasn't incompetent and undesirable. Now that I understand what my infidelity and sex addiction was about, I can talk to myself differently. When I get the urge to act out, I can take a breath, confront the lie I bought into, and remind myself of the truth that I am a good and decent human being and I don't need to run after sex to prove it.

Write your own statement of the connection between the toxic shame you internalized when you were young and your infidelity or sex addiction.