



# DEALING WITH EMBARRASSMENT & SELF-CONSCIOUSNESS

## Support Group Discussion Guide

### 1. Welcome & Introduction (5 minutes)

- Greet participants and introduce the topic.
  - Normalize the experience: "Feeling embarrassed or self-conscious is something many people with vestibular disorders share—it doesn't mean you're doing something wrong."
  - Quick icebreaker: invite participants to share one word that describes how they feel when out in public.
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### 2. Exploring Embarrassment (10 minutes)

- Identify triggers: Ask participants to name situations that make them feel embarrassed (mobility aids, requesting accommodations, cognitive or speech lapses, light-sensitivity glasses, etc.).
  - Reflect: "Why do I feel this way in these moments? What am I telling myself?"
  - Encourage them to give themselves grace.
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### 3. Reframing & Mindset (10 minutes)

- Discuss strategies for shifting perspective:
    - See mobility devices as independence tools.
    - Reframe embarrassment as a chance to educate others.
    - Adopt a confident attitude and use humor when possible.
  - Group activity: ask participants to practice a straightforward sentence they could say to explain their situation in public.
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#### 4. Practical Coping Tools (15 minutes)

- Boundaries & disclosure: choosing when/what to share (especially with employers).
  - Self-talk & affirmations: keeping motivational sayings ready.
  - Avoiding comparisons: reminder that everyone's journey is different.
  - Support systems: leaning on support groups, friends, and family.
  - Invite participants to share what has worked for them in the past.
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#### 5. Sharing Stories & Peer Support (15 minutes)

- Open the floor: participants share a time they handled embarrassment well—or a situation they'd like ideas for.
  - Encourage group feedback and brainstorming.
  - Emphasize learning from each other's experiences.
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#### 6. Wrap-Up & Takeaways (5 minutes)

- Summarize main points:
  - Identify the emotion.
  - Reframe embarrassment as education.
  - Use confidence, humor, and self-compassion.
  - Choose disclosure wisely.
  - Lean on community and affirmations.
- Suggest a "home practice": try one new strategy this week and reflect on how it went.
- Thank everyone for sharing and participating.