



Let's Talk About Internalized Shame

THE SIP
@KATIE_LCSW



Many LGBTQ+ folks, especially those raised in religious or conservative homes, grow up believing they have to earn love by hiding who they are.

That belief doesn't just disappear because we come out, go to therapy, or read affirmations. It lingers.

It lingers in the self-doubt.
In the need to overachieve just to feel "enough."
In the people-pleasing that keeps us in cycles of burnout.
In the fear that if we take up space, we'll lose connection.

That's not pride—that's internalized shame.

And it's one of the most powerful tools oppression uses to keep us disconnected from ourselves, from joy, from each other.

Healing internalized shame isn't just about being proud

It's about being honest with yourself.
It's about noticing the fear, the masks, the old beliefs—and deciding they don't get to run the show anymore.

Because no matter who told you otherwise:

You are not too much. You are not wrong. You are not broken.

Self-love is not a trend or a cute quote on a t-shirt.
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SELF-LOVE IS RESISTANCE.

