

GUILTY



Resolve guilt by making amends.

What it's about; what it does for us...

...Feeling sorry for doing something wrong; it compels us to make up for what we've done wrong.

We feel this when...

...we feel upset about letting ourselves or others down, for doing something wrong or for not doing something we should - even if no-one else knows about it.

It makes us...

...confess, apologise or do something to make up for our wrongdoing. It can stop us thinking about anything else. It makes us realise we are responsible for our behaviour.



PROTECTING
ME QUADRANT



SHEEPISH ZONE