

DEALING WITH
GUILT





Did You Actually Do Anything Wrong?

It's easy to tell yourself that you did something wrong, even if you didn't. Make sure to get past that feeling, and determine if you are in the wrong.



What does this situation mean to you?

When you feel guilty for something, that means that you care about what is going on. Caring is different than being guilty.



Don't Own This!

If you aren't in the wrong, don't beat yourself up. It's okay to feel bad about it, but don't blame yourself for something you did not do, or in some cases, could not control.



What do you do now?

Now that you established who is in the wrong, what do you do? If you are in the wrong, then apologize. If you are not wrong, then try to help, or leave the situation alone.



Acceptance?

After everything, you need to accept the situation. This event did happen. You need to decide where to go, and how you need to feel. Ask your support system, or consult with a close friend.



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