

## **A GRIEF in Action Journaling Exercise**

### **Guilt, Self-Blame, or Responsibility**

After loss or trauma, many people turn inward. When answers are unavailable, the mind often searches for control by assigning blame to itself. Guilt and self-blame can feel like accountability, but they often carry more weight than truth.

This exercise invites you to gently explore where you may be carrying responsibility that was never yours to hold. You are not being asked to excuse harm—only to tell the truth.

#### **Begin here:**

When I think about what happened, the thought I return to most often is:

I hold myself responsible for:

## Separating Responsibility from Burden

There is a difference between responsibility and self-punishment. The prompts below help clarify what belongs to you—and what does not.

What did I realistically control at the time—and what was beyond my control?

What expectations am I holding myself to that I would never place on someone else?

If I offered myself the same compassion I give others, what would change?

Guilt does not always mean you did something wrong. Sometimes it means you cared deeply in an impossible situation.

*If this exercise surfaced something meaningful, deeper healing is possible.*

*Continue your journey with the Invisible GRIEF Mini-Ebook and other GRIEF in Action tools at [www.griefxtalk.com](http://www.griefxtalk.com).*