

Guilty Guilty 🤔

#quiz

"Don't put too much guilt on yourself "

1. "Don't be too h____(1) on yourself." 2. "Try not to b____(2) yourself up o____(3) it." 3. "Avoid d____(4) on i____(5) too much." 4. "Don't carry the b____(6) of g____(7) on your shoulders." 5. "g____(8) yourself some g____(9) and let go of e____(10) guilt." 6. "Be kind to yourself and don't h____(11) onto unnecessary g____(12)." 7. "Remember to f____(13) yourself and move forward." 8. "Don't let g____(14) c____(15) you; focus on growth instead." 9. "Allow yourself to h____(16) and release any o____(17) guilt." 10. "Find a balance between a____(18) responsibility and letting go of excessive g____(19)."

These phrases emphasize self-compassion, forgiveness, and the importance of moving forward from feelings of guilt or self-blame. It's important to remember that everyone makes mistakes, and it's beneficial to learn from them without excessively dwelling on guilt.

Correct answers:

1. harsh
2. beat
3. over
4. dwelling
5. guilt
6. weight
7. guilt
8. give
9. grace
10. excessive
11. hold
12. guilt
13. forgive
14. guilt
15. consume
16. heal
17. overwhelming
18. acknowledging
19. guilt