

Guilt Worksheet

1. Think about a situation or event that is causing you to feel guilty. Describe it in detail.

Example: "I feel guilty about missing my best friend's birthday party because I had to work late."

2. List the reasons why you feel guilty about this situation. Reflect on whether these reasons are rational and justified.

Example:

- *I let my friend down.*
- *I missed an important event.*
- *I prioritized work over personal relationships.*

3. Consider how this guilt is affecting your life. Think about its impact on your emotions, behavior, and relationships.

4. Identify any irrational or exaggerated thoughts related to your guilt. Challenge these thoughts with more balanced and realistic perspectives.

Example:

- *Irrational Thought: "My friend will never forgive me."*
- *Realistic Thought: "My friend might be disappointed, but they will understand if I explain."*

5. Create a plan to address the situation that is causing you guilt. This may involve apologizing, making amends, or changing future behavior.

Example:

- *Apologize to my friend and explain the situation.*
- *Plan a special activity to celebrate together later.*
- *Set boundaries at work to ensure I don't miss important personal events.*

6. Write a compassionate message to yourself acknowledging that everyone makes mistakes and that it's okay to feel guilty but also to forgive yourself.

Example: "It's okay that you missed the party. You had a legitimate reason, and it doesn't mean you're a bad friend. Everyone makes mistakes, and it's important to learn and move forward."
