

RELEASING GUILT



What Is Guilt?

Guilt is an emotional state where we experience conflict at having done something that we believe we should not have done.

This can give rise to a feeling state that does not go away easily and can be difficult to endure.

The purpose of guilt is to let us know when we've done something wrong.

What Is Guilt?

It is meant to help us develop a better sense of our behaviour and how it affects ourselves and others.

Guilt gets us to re-examine our behaviour so that we don't end up making the same mistake twice.

The Truth About Guilt

Guilt is most often a version of anger.

We are angry with ourselves about something we did or said.

Our inability to 'process' the anger means that we dwell on it.

This does not show up as 'dwelling' on or resisting the anger...

...it appears to be the solution (focus) for not making the same mistake again.

We are (kind of) promising ourselves that if we are viscous enough with ourselves - that we won't mess up again.

There are 5 steps to releasing guilt.

1. Explore the guilt
2. Explore actions
3. Acceptance
4. Reframing
5. Releasing

Releasing Guilt

1. EXPLORE THE GUILT

- What am I feeling guilty about?
- Why am I feeling guilty?
- What is the underlying reason for my guilt?
- What do I gain by feeling guilty?
- Does this make any sense?
- How does this guilt hold me back?
- How does this guilt effect those around me?
- Is it reasonable to feel guilty about this?

Releasing Guilt

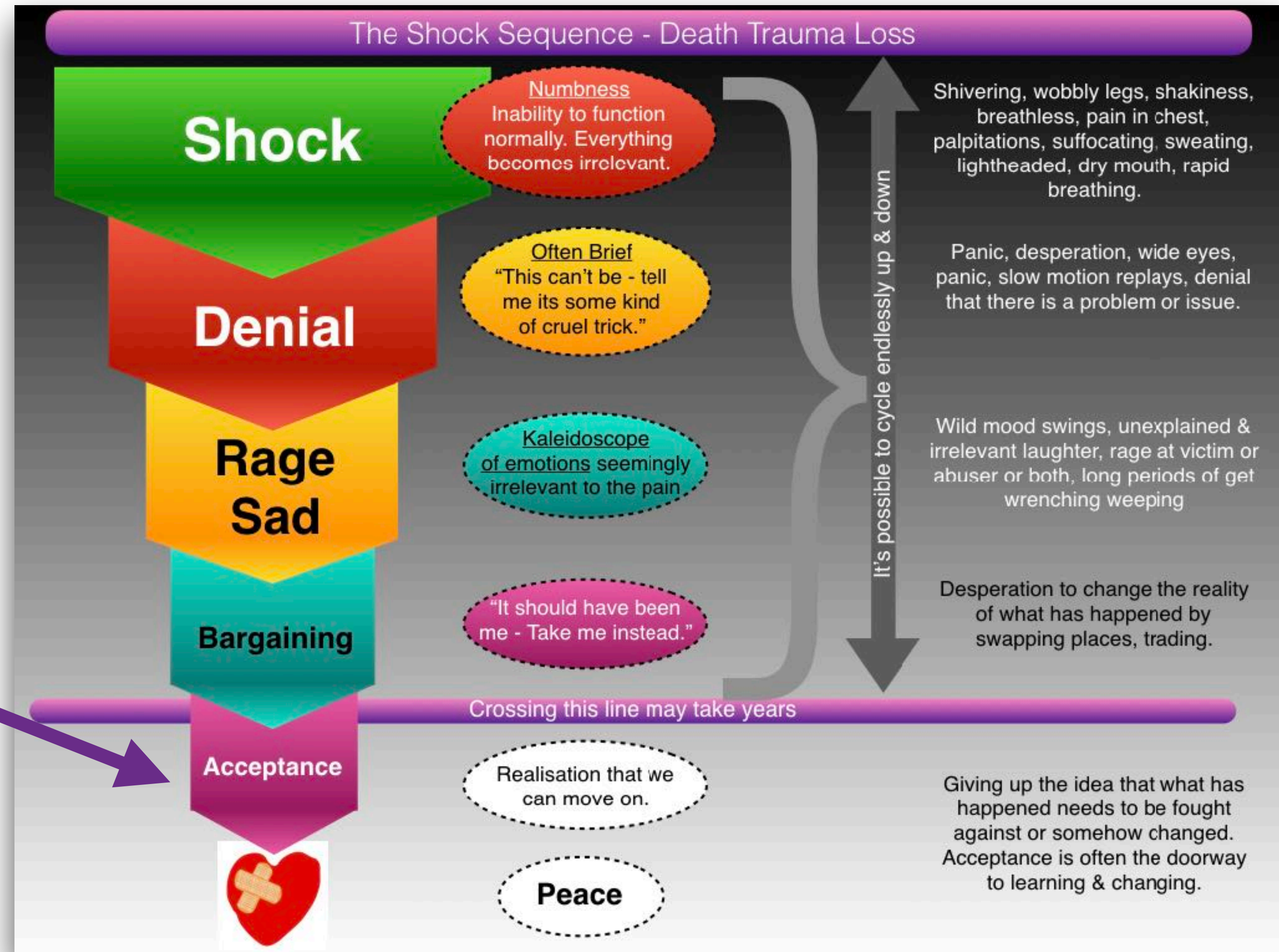
2. EXPLORE ACTIONS

- Do I need to apologise?
- Do I need to make amends?
- Do I need to make restitutions?
- Is there some act of penance that is relevant?
- Is there a symbol of my healing?

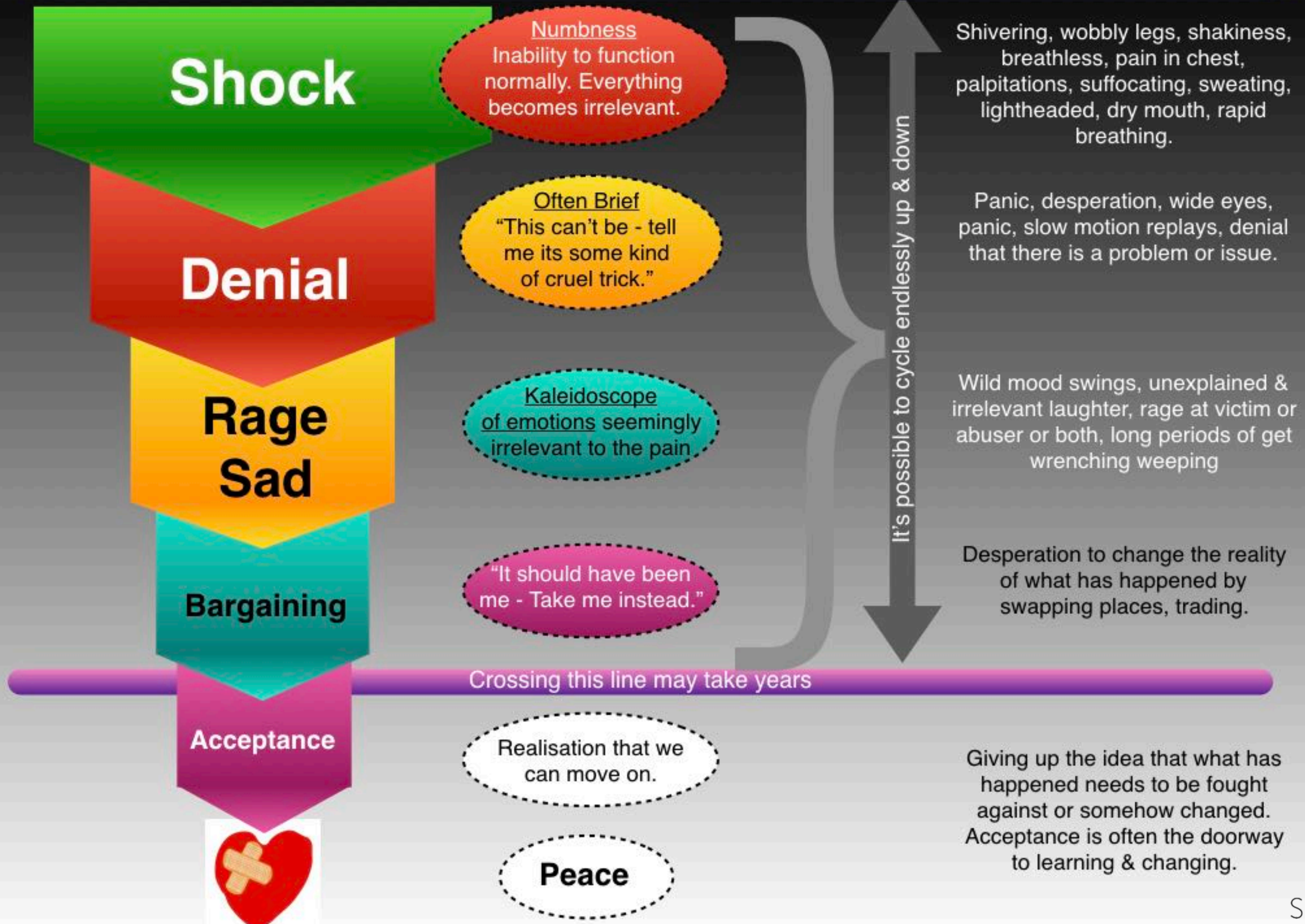
Releasing Guilt

3. ACCEPTANCE

Without acceptance there cannot be healing.



THE SHOCK SEQUENCE



Releasing Guilt

4. REFRAMING

- What if I didn't feel guilty about this?
- How different would my life be?
- What are the possibilities?
- What's positive about this?
- How else could I view this situation?

It's important that you eliminate and successfully reframe all the negative thoughts you are having about these circumstances.

Your toxic thoughts will only get in the way.

Releasing Guilt

5. RELEASING EXERCISE

1. Go inside.
2. Bring to mind something you feel guilty about.
3. Explore the feelings.
4. Colours, shapes, sizes, movements...
5. **What did this come to teach me?**
 - Could you let it go?
 - Would you let it go?
 - When would you do that?
6. Breathe it out.

Guilt Morphs

Guilt prolonged, turns into shame.

Shame convinces us to hide.

Hiding increases (doubles down) on shame.

Shame convinces us we are fundamentally flawed.

(what kind of person would do that?)

We become convinced *we are unworthy.*

Assignments

1	Make a list of words and deeds you feel guilty about.
2	Release each one as completely as possible.
3	Make restitution where you need to.