

## WORKSHEET TO DEAL WITH YOUR GUILT

When you feel guilty, you need to be careful that you are actually guilty of something and are not excessively punishing yourself for a supposed infraction. This worksheet will help you eliminate guilt that is inappropriate. It will determine the extent of your guilt, if any, and an appropriate punishment, if you believe that is necessary. Before beginning this exercise, secure a guilt rating. How much guilt do you feel about a particular issue, from 0 to 10, with 10 being a feeling of extreme guilt.

Initial guilt rating \_\_\_\_\_

- 1) What do you feel guilty about, or what are you ashamed of? \_\_\_\_\_  
\_\_\_\_\_
- 2) Convert the above idea into a charge against yourself? (e.g., "I am charged with the crime of inconveniencing my family.") \_\_\_\_\_  
\_\_\_\_\_
- 3) Give reasons for why you are charged with this crime. Act like a prosecuting attorney and present the case for why you are guilty. \_\_\_\_\_  
\_\_\_\_\_
- 4) Become your own defense attorney and state why you are not guilty. \_\_\_\_\_  
\_\_\_\_\_

After doing so, assess how guilty you are from 0 to 10. \_\_\_\_\_

- 5) At this point, decide if the charges against you can be dismissed. Yes \_\_\_\_\_ No \_\_\_\_\_  
Do you intellectually agree that you are not guilty but emotionally continue to feel guilty of a misdeed? Yes \_\_\_\_\_ No \_\_\_\_\_
- 6) If you still feel guilty then proceed onto punishing yourself. How should you be punished? Think of a punishment for yourself. \_\_\_\_\_  
\_\_\_\_\_
- 7) Now proceed on to punish yourself in some way.
- 8) Does the punishment remove your guilt and by how much? \_\_\_\_\_ After punishing yourself, assess how guilty you feel from 0 to 10. \_\_\_\_\_