

GUILT AND WORRY – RED FLAGS

Guilt

This exercise will assist you in looking at where guilt fits into your life and help you decide if you wish to keep it there. Take a few minutes to think about times when you've felt guilty, or have worried, and then write in the spaces on the following pages:

Situations in which I feel guilty or have felt guilt:

Values I violated to bring on this guilt:

People whom I allowed to 'make me feel guilty':

Purpose feeling guilty served:

Alternate ways I could have responded to these situations:

New values and 'shoulds' I will create to avoid guilt in this area.

Worry

Situations in which I worry:

Purpose of worrying:

Results, positive and negative of worrying:

What I accomplish by worrying:

Alternate ways I can choose to respond to these situations:

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