

Dealing With Shame and Guilt

Sometimes people become fixated on blaming themselves for certain situations or events. They believe that they did do something terrible that led to the event and if they were the only cause of a particular unfortunate event it may seem that a single person caused an entire event. People who have suffered an event often feel shamed and guilt, even when they had nothing to do with the event and may have even been a victim.

This worksheet is designed to help you release your shame and guilt by thinking about the many factors that might have caused the particular event.

Describe a situation where you blamed yourself.

List other factors that contributed to the situation.

Did these help you feel better about yourself? How? List any feelings you are still aware of.
