

Dealing With Shame and Guilt

Sometimes people become fixated on blaming themselves for various situations or events. They believe that they did or did not do something terrible that led to the event that is the cause of a particular unfortunate event. It is very common among persons having a complex event. People who have suffered a traumatic event feel shocked and guilt, believing that they had caused or caused themselves and may have experienced a crisis.

This worksheet is designed to help you think about 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 this situation.

List three ways that blaming yourself has kept you from doing your life more fully.
