

Breaking Free FROM GUILT

#01

RECOGNIZE THE
EMOTION & THE
CAUSE

#02

DETERMINE IF THE
GUILT IS JUSTIFIED
OR UNJUSTIFIED

#03

IF JUSTIFIED GUILT—
SEEK FORGIVENESS
AND REPAIR

#04

IF UNJUSTIFIED
GUILT—TRY
OPPOSITE ACTION

#05

PRACTICE GOOD
SELF-CARE

#06

BE PREPARED FOR
THE STORM