

# GriefPlan.com

## with Dr. Jason Troyer



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## Healing Challenge: Guilt

In some ways, guilt is a combination of regret and anger. Guilt is commonly referred to as "anger turned inwards" and it usually involves regret over something done or not done. This is why we use some of the same strategies for guilt as we do for anger and regret. Unfortunately, guilt can be an even more difficult challenge -- because it is often easier to forgive someone else than it is to forgive ourselves.

### Healing Guilt

- Begin with a specific list or understanding of your sense of guilt. What do you wish you had done or said (or not done or said)?
- Consider the circumstances *at the time* (Remember, you don't have the advantage of knowing what you know now).
- Brainstorm ways to symbolically communicate this to your loved one.
- Write them a letter and read it to them.
- Would it help to go to their place of final rest or other location & talk to them?
- Is there another place where you hope you could experience some healing?
- Don't underestimate the power of symbolic communication.

### Journaling Prompts

Have you shared your feelings of guilt with others? What did they say? Or what do you fear they will say? What would you say to your loved one if you could talk directly with them? How is your guilt hurting you now? How is it hurting others with whom you have a relationship? What would your loved one say about your feelings of guilt or the situation?