



“KEY CORE BELIEFS” ADDITIONAL ACTIVITIES
CHAPTER 4: Overcoming Guilt

ACTIVITY 1: Actions for overcoming guilt

Part 1

You can recognize the role guilt is playing in your life by choosing a current problem and answering the following questions:

1. What problem is currently troubling me?

2. Who is responsible for the problem?

3. Whose problem is it, really?

4. What did I do to make this problem worse for myself?

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5. How much guilt do I feel about this problem?

6. How much does the guilt I experience exaggerate or exacerbate my problem?

7. If I felt no more guilt what would my problem look like then?

If the answer to the last question is that your problem can be solved by reducing guilt, go to Part 2. Otherwise go to Part 3.

Part 2

Redefine your problem with the absence of guilt as an issue. In answering the questions in Part 1, you recognized that guilt was preventing resolution of the problem. To redefine your problem, answer the following questions:

1. How insurmountable is the problem?

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2. Is this problem an interpersonal or intrapersonal problem?

- If it is interpersonal: Can I help the other person and myself to set aside guilt and resolve this problem?

- If it is intrapersonal: Can I set aside guilt or the fear of it and resolve this problem?

3. Does this problem have more than one solution? Can others and myself experience satisfaction, comfort, and resolution with a minimum of debilitating guilt?

4. Whose problem is it, really?

- Is it my problem or another's?

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Am I taking on another's responsibility?

5. Am I trying to keep another from experiencing pain, hardship, or discomfort?

Part 3

If the problem is really someone else's, give the problem back to the person(s) to solve and to deal with. If the problem is yours, go to Part 4.

Part 4

You must confront the real or imagined guilt or fear of guilt preventing you from either handing the problem back to the person(s) whose problem it really is (Part 3) or handling the problem on your own.

Consider the following:

1. What fears are blocking me at this moment from taking the steps I need to resolve this problem?

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2. Identify what the Negative Core Beliefs are behind these fears by asking, what do I believe about myself? (I am ...)

3. Replace the Negative Core Beliefs with Positive Core Beliefs by asking, what do I want to feel about myself?

4. Initiate a program of Positive Core Beliefs affirmation and commitment. Use an imagery scenario with “guilt” as an object you package in a nice box. It is brought to a mountaintop and thrown off a cliff for good.

5. Affirm for yourself that: You deserve to solve this problem. You deserve to be good to yourself, and you deserve to have others be good to you, too!

Part 5

If your guilt is not resolved after completing Part 3 and/or Part 4, return to Part 1 and begin again.