



REVIEW ACTIVITY

Chapter 4

Consider how you handle feelings of guilt and feelings of shame:

- ☐ Are you able to work through guilty feelings by changing how you think and act?

- ☐ By contrast, do you ever feel stuck with shame because you think something is inherently wrong with you that you cannot change?

- ☐ On a scale of 0 to 10 (10 being positive), how confident are you that you are completely worthy to be loved? What are the reasons you would assign this particular score?

- ☐ Using the same scale, how self-accepting are you? People who are more accepting are less self-critical and judgmental. They are more likely to be at ease with themselves despite their awareness of personal shortcomings and some things they would like to improve.

[\[Link\]Download a PDF of the Chapter 4 Additional Activities, “Overcoming Guilt.”](#)