

Managing Guilt Worksheet

To assess your efforts to manage guilt, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Adjust expectations			
Change self-talk			
Shift attention			
Apologize and make amends			
Educate others			
Learn assertiveness			
Practice relationship triage			

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