Guilt Management

1. Forgive yourself. This is more important than forgiving anyone else because you have to live with yourself.

2. Recognize guilt as a part of the human condition. It is good when it inspires you to be a better person. It is excessive when you indulge in prolonged self-blame.

3. Get guilt out of your system by writing about it. This will also help you take a more objective view of it.

4. Talk about your guilt. Others will not be horrified.

5. Always remember that no one is perfect.

6. Do not drive yourself crazy with unanswerable Why? questions, and do not assume that you are so powerful that you have control over death.

***Taken from *Bereavement and Support,* Marylou Hughes, LCSW, DPA (1995), 108.