

Regret, Guilt, AND FORGIVENESS

UNDERSTANDING THE EMOTIONS THAT
COME WITH GRIEF — AND FINDING PEACE.

You are not alone in what you feel.

Regret and guilt are common emotions after a loss.
They can be heavy, confusing, and exhausting.
But healing is possible. And forgiveness—of yourself
and from yourself—can bring relief and peace.



You are allowed
to be human.
You are allowed
to heal.
You are allowed
to let go.

1. WHAT IS REGRET? ♥

Regret is when you wish you could go back
and change something.

You may find yourself thinking:

- ♥ I wish I had spent more time with them.
- ♥ I wish I had said something different.
- ♥ I wish I had done more.
- ♥ I wish I had known.

2. WHAT IS GUILT? ♥

Guilt is when you blame yourself for something
you think you did or didn't do.

You may find yourself thinking:

- ♥ It's my fault.
- ♥ I should have done something.
- ♥ I did something wrong.
- ♥ I don't deserve to be okay.

3. WHY DO WE FEEL THESE EMOTIONS? ♥

After a loss, your mind looks for answers and control.
Regret and guilt often come from:

-  Trying to make sense of what happened
-  Feeling powerless in the situation
-  Loving deeply and caring so much
-  Focusing on "what ifs" and "should haves"

4. THE TRUTH TO REMEMBER ♥

- ♥ You did the best you could with what you knew at the time.
- ♥ You are human. No one has all the answers.
- ♥ Your loved one knew you cared.
- ♥ You are allowed to let go of what you cannot change.
- ♥ Forgiveness is not forgetting. It is choosing peace.

WHAT CAN HELP YOU HEAL?



Be gentle
with yourself.



Talk about your
feelings with someone
you trust.



Write down your
thoughts to help
release them.



Create a ritual
to honor your
loved one.



Practice deep
breathing and
mindfulness.



Seek support.
You don't have to
carry this alone.



Choose forgiveness.
It is a gift you give
to yourself.

5. FORGIVENESS IS A JOURNEY ♥

Forgiving yourself doesn't mean what happened was okay.
It means you are choosing to stop carrying the pain
that guilt creates.

*You deserve the same kindness
and compassion you would give
to someone you love.*

6. A MESSAGE TO YOUR HEART ♥

You loved.
You cared.
You did your best.

You are allowed to heal.



♥ You Are Not Alone ♥

Regret and guilt are part of grief, but they do not have to define you.
Healing is possible. Peace is possible. Forgiveness is possible.
One day, the weight will feel lighter.

♥ SMALL STEPS TOWARD HEALING

- ☐ Speak kindly to yourself.
- ☐ Let go of what you cannot change.
- ☐ Focus on today, one moment at a time.
- ☐ Honor your loved one in a way that feels meaningful.
- ☐ Accept help and support from others.
- ☐ Trust that healing takes time.
- ☐ Believe that peace is possible.



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*You do not have to
walk this path alone.*