

SESSION 6

TOPIC: GUILT

INTRO

This session focuses on how to release guilt and resentment.

SCRIPT

1. Last week's unfinished business.
2. Report on phone calls. How did they go?
3. Report on caring plan. How did they go?
4. Review: How did you do on anger and/or resentment?

DISCUSSION

Last week we mentioned that guilt is often a result of being angry with ourselves. However, that's only part of it.

1. What is guilt?
 - If you had to put guilt in your body, where would it be?
 - If you gave guilt a color, what color would it be?
 - If guilt had a sound, how would it sound?
2. What is your first remembrance of feeling guilty?
 - What were the circumstances surrounding it?
 - Who labeled it for you and told you it was guilt?
3. What productive thing does guilt do for you? Is this thing really productive?

REMEMBER

- ✓ Start and end on time.
- ✓ Keep conversation moving and productive.
- ✓ Ensure every participant has an opportunity to share or pass during the discussion.
- ✓ Protect the conversation from being monopolized.
- ✓ Stay supportive yet neutral.

MATERIALS

- ☐ Notebook & pen
- ☐ Index cards & pens
- ☐ Refreshments
- ☐ Nametags
- ☐ Tissue

HOMEWORK

- ✓ Guilt
- ✓ Regret & guilt
- ✓ Self-care assignment

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4. Does knowing you are not alone in your guilt help in any way?
 5. Who do we need forgiveness from in order to get over the intensity of our feeling? How do we sand down the rough edges?
 6. If we need forgiveness from our dead loved one, how are we going to go about getting it?
 7. What has to happen to be free from our feelings of guilt?

ACTIVITY

Substitute the word guilt for resentment and see what happens.

I feel **guilty** about not taking good enough care of _____.

I **resent** the demands placed upon me when I was taking care of _____.

ACTIVITY:

Do an intensification meditation.

- ☐ Select a positive incident.
- ☐ Describe the good feeling associated with it.
- ☐ Now intensify that feeling by stepping into that memory—feel just the way you felt when the incident occurred. See the things you saw, hear the things you heard, smell the smells and feel the feelings.
- ☐ Intensify those sights, sounds, and feelings. Make them bigger, brighter, stronger, nearer.
- ☐ Where in your body do you feel this good sensation? Trace this good sensation as it moves through you.
- ☐ Amplify good feelings by making the movement bigger, stronger, and faster until you are bathed all over in this good feeling.
- ☐ Find something to anchor this feeling to, such as wrapping the right index finger and thumb around your left wrist. With practice, you'll soon be able to trigger the good feeling simply by wrapping your right finger and thumb around the left wrist.

CONCLUSION

- **Review this session.** What happened for you tonight? Encourage participants to read handouts, journal their thoughts, and try this week's Resilience Rx selfcare tip.
- **Phone numbers** for next week's calling. Share your progress with the person you're calling.