

## GUILT IS...

- A feeling when we have done something wrong (i.e. hurt someone or committed a crime).

### HEALTHY GUILT

- Keeps individual close to their moral compass
- Helps to regulate our social behavior
- Serves as sign that our conscience is working properly to stop us from repeating mistakes
- Involves making amends to resolve feelings of guilt

### TOXIC GUILT

- Made a mistake and unable to overcome the negative feelings associated with the event, even when amends have been made

## SHAME IS...

- A feeling about who we are, but we have done nothing wrong (i.e. “My family is poor” or “I have a medical issue”)
- Protecting an idealized version of yourself
- May have deep fear of failures or shortcomings being exposed
- Individual does not want to own up to their problem and correct it
- May have a difficult time acknowledging that a problem actually exists
- Harder to overcome than guilt

