

# ***Guilt and Emotions***



## **Guilt an Emotional Experience**

**Identify Problem:** Guilt is a cognitive or an emotional experience that occurs when a person realizes or believes - whether justified or not - that he or she has violated a moral standard, and is responsible for that violation. It is closely related to the concept of remorse.

**Exercise:** Relax your body and close your eyes. Think of the last time you felt angry. Place yourself, as best as you can, back in time. Try to remember what was going on in your mind the moments before you made the choice. Play it all the way out. Make the choice, face the consequences and feel all the pain, i.e embarrassment or whatever else was going on.

Now go on to feel the guilt and remorse of not making a different choice, or not making a choice at all and simply walking away. What would be different right now? Check your stress level. Was the stress more or less? Will there still be some guilt even if it were not for the same trouble. Maybe for something else, like leaving a friend behind or not going along with what your friends were doing when you got in trouble.

Open your eyes and let's talk about what you are feeling like now that both scenarios played out in your mind.

**I dentify Skills:** Students will learn guilt is a wrong notion.  
Guilt is paralyzing and destructive.  
You have done something you shouldn't have; you hadn't done something you should have.

**Source:** LaMar Macklin