

GUILT VERSUS SHAME

GUILT

Feeling remorse or responsible for something you've done wrong or perceived you did wrong

Relating to a specific action like making a mistake, committing an offense, or hurting someone (intentionally or unintentionally)

Those who feel shame are more likely to:

- feel angry
- avoid their triggers
- have low self-esteem
- engage in self-destructive behaviors

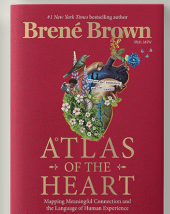
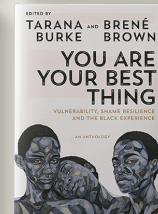
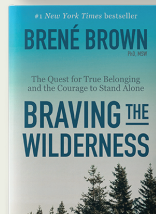
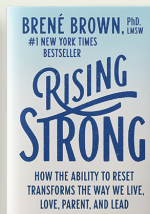
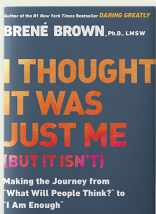
SHAME

Feeling that you are bad, worthy of contempt, or inadequate as a person

Relating to our behavior or self, often in relation to other people's opinions, not necessarily about a specific behavior or event

Those who feel guilt are more likely to:

- apologize
- attempt repair
- feel compassion for others



BECKY LENNOX

Keller, Texas

www.beckylennox.com

CRT, CCDC, CACC | Counselor & Life Coach

(817) 701-5438

beckylennox2018@gmail.com