

## The Guilt Intervention

<b>1: Guilt Statement: Persecutory</b>			
<i>What was the event that created the feelings of guilt?</i>			
<b>Structure of Statement:</b> <i>"I feel guilty for, I feel guilty because, I feel guilty that..."</i>			
<b>Emotional Reactions &amp; Physical Sensations:</b>			
(Baseline) How strong does it feel?      0 1 2 3 4 5 6 7 8 9 10			
<b>2: Which type of guilt are you experiencing?</b>			
Natural Guilt      [ ]	Toxic Guilt      [ ]	Survivor's Guilt      [ ]	Reactive/Gaslight Guilt      [ ]
<b>3: Accountability Statements:</b>		<b>4: Non-Accountability Statements:</b>	
<i>What are the facts, actions, &amp; behaviors that happened?</i>	<i>Things that were said and done, not implied or assumed.</i>	<i>The other party's accountability (if applicable):</i>	
<b>Structure of Statements:</b> <i>"I am accountable for..."</i>		<b>Structure of Statements:</b> <i>"I am not accountable for..."</i>	
<b>5: Self-Compassion:</b>		<b>6: Affirmation Statements: (if applicable)</b>	
<i>What would you tell someone in a similar situation?</i>	<i>Does it feel positive &amp; authentic?</i>	<i>Does this statement feel encouraging, motivating, inspiring, supportive, or empowering?</i>	
<b>Structure of Statements:</b> <i>"Apply to self"</i>			

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7: Awareness Statements: (External Factors)			
<i>What else influenced the situation?</i>		<i>What was happening outside of your control?</i>	
<b>Structure of Statements:</b> <i>Avoid pronouns such as “I, he/she, them, they” and use general statements.</i>			
8: Self-growth agreements:			
<i>What have you learned from the experience?</i>	<i>What have you learned about yourself?</i>	<i>What are you willing to do differently?</i>	<i>How can you change moving forward?</i>
<b>Structure of Statements:</b> <i>“I will...” “I am going to...” “I can...”</i>			
9: Guilt Statement: Reparative			
<i>What do you notice when you think about the <b>Guilt Statement</b>?</i>	<i>Are you still feeling the same emotions?</i>	<i>Does the statement make sense, or does it no longer apply?</i>	<i>Do you want to reframe it to something else?</i>
<b>Reframe Guilt Statement:</b>  <b>Emotional Reactions &amp; Physical Sensations:</b>			
<b>(Shifted) How strong does it feel?</b>		<b>0 1 2 3 4 5 6 7 8 9 10</b>	