

Shame and Guilt Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Use the questions below to reflect on your experiences with shame and guilt. There are no right or wrong answers. Take your time to think about each question, and write as much or as little as feels right for you.

PART 1: SHAME

Describe a time when you felt shame.

What thoughts and feelings came up during that situation

Reflect on how this experience influenced you.

How do you recognize shame in others?

PART 2: GUILT

Recall a specific time when you felt guilt.

What thoughts and feelings did you have at that moment?

Reflect on how this experience influenced you.

How do you recognize guilt in others?

PART 3: COMPARING SHAME AND GUILT

In your experience, what similarities have you noticed between the emotions of shame and guilt?

In your experience, what differences have you noticed between the emotions of shame and guilt?

PART 4: STRATEGIES FOR MANAGING SHAME AND GUILT

Managing shame and guilt can be challenging, but there are practical techniques you can use to work through these emotions in a constructive way. Below are some strategies you might find helpful, along with examples to guide your practice. Feel free to adapt these techniques to suit your needs.

Reframing negative thoughts: Sometimes our thoughts about shame and guilt can be overly harsh. Practice reframing these thoughts by asking yourself: "Is there another way to look at this situation?" "What's one positive thing I can take away from this?" "How would someone who cares about me see this?"

Making amends: If guilt stems from something you've done, taking action to repair the situation can help. Examples include: Apologizing to someone you may have hurt. Offering to make things right. Setting a plan to act differently in the future.

Normalize the feelings: Remember that shame and guilt are part of being human. Remind yourself: "It's okay to feel this way—it's part of growth." "Everyone experiences shame and guilt at times." "What matters is how I choose to respond."

Notes - Specify below: