

# Dealing With Shame and Guilt

Sometimes people become fixated on blaming themselves for certain situations or events. They blame themselves for something terrible that has happened as if they were the sole cause of a particular misfortune, yet it is very rare that a single person causes a complex event. People who have suffered a trauma often feel shame and guilt, even when they had no part in causing the trauma and may have even been a victim.

This worksheet is designed to help you reduce your shame and guilt by thinking about the many factors that might have caused a particular event.

Describe a situation where you blamed yourself.

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List other factors that contributed to the situation.

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List three ways that blaming yourself has kept you from living your life more fully.

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