

Title:

Toxic Guilt, Healthy Guilt

Word Count:

687

Summary:

Are you plagued with guilt? There is a big difference between healthy guilt and toxic guilt. I

Keywords:

guilt, self help, personal development, self improvement, personal growth, anxiety, stress, ha

Article Body:

Guilt is an important feeling. It is the appropriate feeling to have when we have deliberately

While it is very important to feel guilt at deliberately harming others, many people feel toxic

For example Fran, one of my clients, was exploring the guilt she feels when she speaks with her

^No matter what I say, my mother always seems to feel hurt and then I feel guilty at hurting her

Fran's feelings of guilt are not coming from actually inflicting harm on her mother. Her feelings

Fran's mother taught Fran that when her mother was feeling hurt, it was Fran's fault. Now Fran

Fran actually knows that she is not doing anything wrong, yet she continues to judge herself w

Fran WANTS to believe that she is causing others' feelings because it gives her a sense of con

While Fran doesn't like the feeling of guilt, she is unconsciously willing to go on feeling gu

We all need to be able to feel healthy guilt - the guilt that comes from actual wrongdoing. Bu

- * the belief that you can control others feelings and behavior by doing things "right" -->
- * leads to self-judgment to control your own behavior to get yourself to do it "right" -->
- * which leads to toxic guilt.

The way out of toxic guilt is to:

- * fully accept of your lack of control over others feelings and behavior -->
- * which leads to a lessening of self-judgment -->
- * which leads to a lessening of toxic guilt.

With practice, you can completely eliminate your toxic guilt. It's all up to you!

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