



Overcoming Guilt

Does holding onto guilt help?

Or is it a LIE that we tell ourselves and believe it will help?

Somewhere along the way, we bought into this false belief, that if we hold onto guilt, it would deter us from repeating unwanted behaviors. Let's think about it for a moment; when we chastise another for unwanted actions, does that motivate and uplift them to want to do better? Or cause anger, frustration, resentment and left feeling deflated?

Negative effects of holding onto guilt:

- Demotivating
- Self-pity
- Self-condemnation, anger
- Depression
- Futility (it will never get better; I'll never make it)
- More pressure/anxiety
- Defeat, despair
- Loneliness, separation
- Suicide

How we treat ourselves is no different than holding onto guilt. The child inside deserves the same love and compassion as anyone else. We cannot solve a problem in the energy it was created. Therefore, nothing good can come by holding onto needless guilt. There are better ways to take responsibility for our actions, in a loving and productive manner. Trust me, holding onto guilt is a very slippery slope and will not turn things around for the better.

Retraining:

1. Tell yourself the truth out loud.

Truths:

- “This moment is a new start: “I can’t change the past, even 5 minutes ago.”
- “Guilt doesn’t work, so I will not accept it.”
- “Thinking about what happened will not make me readier for next time, it will just drag me down.”

2. Talk lovingly to yourself;

In the depths of guilt, we tend to list our failures of the past, the faults within us, and we despair.

Retrain: To retrain our habits and rewire the brain, we need to do the opposite of what we have done in the past. Instead, we list our successes and good qualities and get into a state of gratitude.

First, list all the past successes in your life and your positive qualities that you are aware of. Then list the qualities and successes that other people have noticed about you and pointed out. Also, I encourage you to ask your friends and people who care about you, what they observe that your strengths and talents are.

Important: write this list on a card and put it in a place that you can access it in a time of need (such as in your wallet.) Also, be sure to keep a copy of the list in your phone. When you slip into your old habits, where you lose sight of what is truth, you will have a hard time remembering all of your strengths. Refer to this list when you start falling into guilt and beating yourself up. Allow yourself to immerse in the energy of getting back to the truth of who you are.

Three steps to use the list:

- 1) As soon as you find yourself falling into self-loathing, read the list out loud.
- 2) Accept the truth of it, as you close your eyes. See yourself giving that little boy or girl inside a hug. Imagine someone saying those mean things to that child and reject that information as their truth.
- 3) Focus on all of the things you do well and how much that child has to offer. Get into a space of gratitude, as you celebrate that child inside. Continue to be the advocate and refuse the negative judgments.

What will happen when you do this:

- 1) You will learn to refuse to allow limiting beliefs and judgements from becoming the truth of who you are.
- 2) Your confidence will build, as your self-love and inner connection grows.
- 3) You will rewire and retrain you old subconscious, self-defeating patterning.

These things will naturally occur, as we first discover the truth of who we are. Viewing the little boy or girl inside as a whole and perfect spiritual being in a human experience, will build trust and begin to heal old wounds. Then, catch the lies and stories that you have been telling yourself, with a better understanding of the damage it had been causing. Finally, start to focus on the things you do well and past successes, as well as the gifts and qualities you have, that you are thankful for. Put all your energy into celebrating those things, marinating in all that goodness.

Note how you feel; **This is the truth of who you are!**