

GUILT

FITS THE FACTS of a situation whenever:

- Your behavior violates your own values or moral code.

When your Guilt is **NOT JUSTIFIED** by the facts, or when acting on the emotion urge would **NOT BE EFFECTIVE**, use **OPPOSITE ACTION**:

OPPOSITE ACTIONS FOR GUILT:

Do the OPPOSITE of your action urges. Example:

1. **MAKE PUBLIC** your personal characteristics or your behavior (with people who won't reject you).
2. **REPEAT** the behavior that sets off guilt over and over (without hiding the behavior from those who won't reject you).



ALL-THE-WAY OPPOSITE ACTIONS FOR GUILT:

3. NO APOLOGIZING or trying to make up for a “perceived” transgression.
4. TAKE IN all the information from the situation.
5. CHANGE YOUR BODY POSTURE.
 - Look innocent and proud.
 - Lift your head;
 - “Puff up” your chest;
 - Maintain eye contact.
 - Keep your voice tone steady and clear.



When Guilt is **NOT JUSTIFIED** by the facts, or when acting on the emotion urge would **NOT BE EFFECTIVE**, but **SHAME IS JUSTIFIED** (you will be rejected by people you care about if found out):

OPPOSITE ACTIONS FOR GUILT:

1. **HIDE** your behavior
 - (if you want to stay in the group).
2. **USE INTERPERSONAL SKILLS**
 - (if you want to stay in the group).
3. **WORK TO CHANGE** the person's or group's values
4. **JOIN A NEW GROUP** that fits your values
 - (that will not reject you).
5. **REPEAT** the behavior that sets off guilt over and over with your new group.



ALL-THE-WAY OPPOSITE ACTIONS FOR GUILT:

6. **VALIDATE YOURSELF.**