



Guilt Complex

Challenge

Do you often feel guilty or sorry for things that are not your fault? If so, it can be incredibly overwhelming and lead to obsessive self-criticism. So, how can we learn how to overcome guilt when it feels out of control? Try these exercises below to practice controlling what is known as a false guilt or guilt complex.

You overhear two colleagues arguing about a project you were a part of.

You know you did your fair share, but for some reason, you feel like apologizing and taking the blame for whatever reason they're arguing.

What else can you do instead of apologizing for something you are not even sure about?

You are playing science trivia with your friends, and they think the answer is A, but you think it's C. You voice your opinion, but you don't pressure anyone.

Everyone talks for a bit and decides to go with C. You're studying microbiology, after all. But after the answer is revealed, you realize you were wrong, and the team loses a point.

Everyone laughs it off. It's just a game and not a big deal, but for some reason, you are over-apologizing and can't stop.

In place of guilt, take a moment to think about why you are sorry. Think of something more positive about your job. What are you thinking about?

Instead of repeating "sorry," I could say...