



Letting Go & Allowing

Guilt is a natural emotion that can help us recognize when we've done something wrong. However, holding onto guilt for too long or when it's unwarranted can weigh us down. This worksheet will guide you in understanding your guilt, addressing it, and moving forward with compassion for yourself.

Step 1: Identify Your Guilt

1. What situation or action is causing you to feel guilty?

○ _____

2. Why do you feel guilty about this? What specific thoughts or beliefs are contributing to this feeling?

○ _____

3. Is this guilt related to something you can control or change?

○ _____

Step 2: Evaluate Your Guilt

1. Is this guilt helpful or harmful? (Helpful guilt can motivate change; harmful guilt keeps you stuck.)

○ _____

2. Is your guilt based on facts or assumptions? Write down any evidence supporting or refuting your feelings of guilt:

○ _____

3. What would you say to a friend in your situation? How might you help them see the situation differently?

○ _____



Letting Go & Allowing

Step 3: Practice Self-Forgiveness

1. Acknowledge your humanity. Write a statement acknowledging that everyone makes mistakes and that it's part of being human:

○ _____

2. Write a self-forgiveness statement for yourself (e.g., "I forgive myself for [specific action], and I'm choosing to let go of this guilt."):

○ _____

Step 4: Make Amends (If Necessary)

1. If your guilt stems from harm done to someone else, what steps can you take to make amends? (e.g., apologize, repair the situation):

○ _____

2. How will you ensure that this situation doesn't repeat in the future?

○ _____

3. Reflect: How might making amends help you release your guilt?

○ _____

Step 5: Letting Go

1. Write down what guilt has been costing you (e.g., peace of mind, happiness, relationships):

○ _____

2. Imagine letting go of your guilt. Describe what it would feel like to release this burden:

○ _____



Letting Go & Allowing

3. Create a letting-go affirmation. (e.g., "I am worthy of forgiveness and peace. I choose to release this guilt."):
 - _____

Step 6: Build a Positive Path Forward

1. What lessons have you learned from this experience?
 - _____

2. How can you use these lessons to grow and make better choices in the future?
 - _____

3. What steps will you take to practice self-compassion moving forward?
 - _____

Closing Reflection

1. After completing this worksheet, what insights have you gained about your guilt?
 - _____

2. How do you feel about yourself now compared to when you started this worksheet?
 - _____

Remember: Letting go of guilt is a process that takes time and self-compassion. Be patient with yourself and focus on the positive steps you can take moving forward.