

# Decision Making- ENHANCE YOUR COPING SKILLS

**GUILT/SHAME**

D.I.Y.SELF-CARE WORKSHEET

Invest 45min - 60 min on yourself

YOU ARE ABOUT TO DO A LITTLE BIT OF BRAIN REWIRING! USING THE 3 STEP THOUGHT PROCESS FOUNDED BY ROBERT GENE SMITH. THIS WORKSHEET IS DESIGNED BY DIYMENTALBOOST USING THE 3 STEP THOUGHT PROCESS

STEP 1  
FOCUS

STEP  
DISTRACT

STEP 3  
GO HAPPY



SCAN QR CODE  
TO UNDERSTAND THE 3 STEPS



**WHAT IS BRAIN REWIRING?**

It is a basic skill of life like writing and reading. **ANYONE** who wants to know; how to guide the brain to release unwanted **LINGERING** emotions. As a result instead of circumstances dictating your moods in life an individual can effectively and productively navigate through **LIFE SITUATIONS**. Anxiety triggers cease to exist while self worth and productivity skyrocket. **THE MYTH** that its "hard" to self-regulate emotions is debunked!

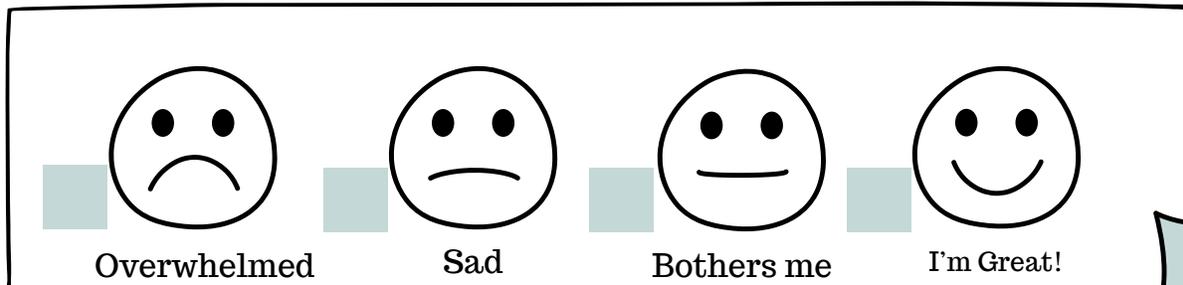
# ENHANCE YOUR COPING SKILLS IN 45 MINUTES

## GUILT/SHAME

## D.I.Y. SELF-CARE WORKSHEET

VISUALIZE A TREE BEING PULLED OUT BY THE ROOTS AND IT WITHERING AWAY COMPLETELY

How STRONGLY does GUILT make you feel?



### SIGNS OF GUILT?

- Being sensitive to the effects of every action.
- Overwhelmed by possibly making the “wrong” decision.
- Low self-esteem.
- Putting others before yourself until it's detrimental.
- Avoiding your full range of emotions.

Step 1

### GUILT usually makes me feel??

- SHAME
- A Physical Sensation (where at?)
- ANXIETY
- FRUSTRATION
- HUMILIATION
- OTHER

The 1st time I ever felt GUILT was when....

Brief 1 sentence description..

*just breathe*

Already done 1st memory, continue to the next most current memory

# STEP 2 DISTRACTION

OR LISTEN TO  
YOUR FAVORITE  
SONG

WRITE DOWN 15 THINGS THAT HAVE WHEELS -



## STEP 3

NOW IMAGINE SOMETHING VERY  
WARM YOU HAVE EXPERIENCED



**THINK  
SERENE!!**

**FEEL IT!!**

Or imagine sitting by a warm  
fire or the feeling of hot cocoa  
cup in between your hands!

**LINGERING GUILT  
CREATES A SHACKLE  
AND BECOMES A  
HINDERANCE  
INSTEAD OF A  
MOTIVATOR FOR  
CHANGE**

**FOOD FOR  
THOUGHT**

**STEP 1 - Think BRIEFLY of a past guilty situation...  
how could it be worse?**

*just  
breathe*

**STEP 2** DISTRACTION



**STEP 3**

NOW IMAGINE  
SOMETHING VERY  
SILLY OR FUNNY YOU  
HAVE EXPERIENCED

**FEEL IT!**

**VISUALIZIE IT!**

**Food For Thought**

**GUILT  
IS AN AWARENESS THAT  
SELF CORRECTION IS NEEDED**

**OR**

**IT CAN BE WARRANTED OR UNWARRANTED,  
SELF IMPOSED BY ONESELF OR OTHER'S.  
THIS IS BEST RELEASED.**

**STEP 1 - Think BRIEFLY.** Do you use guilt on others. Do want to them to feel guilty for doing something against you?



# STEP 2 DISTRACTION

GET UP & DANCE  
TO FAVORITE UPBEAT SONG

OR

**WRITE DOWN 15 STATES OR COUNTRIES**

(ADVANCED DISTRACTION - USE OPPOSITE WRITING HAND)

CLOSE YOUR EYES IF WANT AND  
NOW IMAGINE SOMETHING VERY  
PEACEFUL YOU HAVE EXPERIENCED



Or imagine yourself in nature!

**SEE IT IN YOUR MINDS EYE!**

**FEEL A SENSATION! HEAR  
CALMING SOUNDS**

## STEP 3

**CHECK IN ON  
HOW YOU FEEL ABOUT  
"GUILT"**



10-9



8-5



4-2



1

STEP 1 - BRIEFLY THINK? WHY CAN'T YOU BE FORGIVEN? OR WHY CAN'T THEY BE FORGIVEN?



## STEP 2 DISTRACTION

### Looking Good!

D	E	Y	E	S	H	A	D	O	W	N	N	B	H
T	U	C	R	I	A	H	O	H	D	M	A	L	P
G	A	B	M	O	C	T	O	A	T	O	S	O	E
O	P	E	R	F	U	M	E	I	R	U	P	W	O
A	N	S	Y	I	O	B	T	R	O	S	A	D	W
T	O	S	O	I	T	E	K	S	T	T	R	R	A
E	P	A	S	D	E	A	B	T	M	A	S	Y	X
E	A	R	A	Z	O	R	Y	Y	A	C	H	E	I
R	A	N	U	A	S	D	A	L	K	H	A	R	N
B	A	I	B	R	U	S	H	E	E	E	M	A	G
S	T	Y	L	I	S	T	R	E	U	U	P	N	P
T	H	D	M	I	R	T	N	S	P	N	O	Y	M
C	P	E	R	M	A	N	E	N	T	I	O	S	P
A	I	C	U	R	L	I	N	G	I	R	O	N	T

PERFUME  
 HAIRSTYLE  
 CURLING IRON  
 MOUSTACHE  
 BEARD  
 EYESHADOW  
 SAUNA  
 STYLIST  
 BRUSH  
 PERMANENT  
 SHAMPOO  
 WAXING  
 GOATEE  
 BLOWDRYER  
 MAKEUP  
 TRIM  
 RAZOR  
 HAIRCUT  
 COMB  
 SPA

Play this puzzle online at : <http://thewordsearch.com/puzzle/145933/>

WORD SEARCH

## STEP 3



NOW IMAGINE YOU ARE  
 DANCING IN A BALLROOM! FEEL  
 THE SWAY OF MOVEMENT!!  
 HEAR THE MUSIC!



STEP 1 - WHAT IS THE WORSE THING ABOUT GUILT?  
WHERE DO YOU FEEL THE GUILT? IS IT A SENSATION?  
DO YOU NEED GUILT TO BE MOTIVATED TO CHANGE?

*just  
breathe*

## STEP 2 DISTRACTION

### SCATTEGORIES

1. BEVERAGE
2. ANIMAL
3. SOMETHING YOU DRINK
4. CITY
5. FREE ACTIVITY
6. SOMEPLACE YOU SPEND MONEY
7. CITY
8. TYPE OF BIRD
9. SOMETHING THAT IS TIMED
10. TV CHARACTER
11. SQUARE ITEMS
12. COLOR

SELECT A LETTER AND WRITE  
DOWN AN ANSWER THAT  
STARTS WITH THAT LETTER

A B C D E F G H I J  
L M N O P Q R S T U  
V W X Y Z

1. \_\_\_\_\_ 7. \_\_\_\_\_
2. \_\_\_\_\_ 8. \_\_\_\_\_
3. \_\_\_\_\_ 9. \_\_\_\_\_
4. \_\_\_\_\_ 10. \_\_\_\_\_
5. \_\_\_\_\_ 11. \_\_\_\_\_
6. \_\_\_\_\_ 12. \_\_\_\_\_

## STEP 3

IMAGINE SOMETHING CUTE!!



Or imagine a turtle  
dancing slow!!



**STEP 1 - GUILT** what remains? Is there a picture? Is it in color? Is it heavy or of large size? Do you want to let go of guilt? Is it okay to be let off the hook? Or for someone else to be let off the hook?

## STEP 2 DISTRACTION

*just breathe*

### SCATTEGORIES

1. ANIMAL
2. SOMETHING YOU DRINK
3. CITY
4. FREE ACTIVITY
5. SOMEPLACE YOU SPEND MONEY
6. CARTOON CHARACDTER
7. TYPE OF BALLS
8. BUSINESS NAME
9. TYPE OF DRINK
10. BREAKFAST FOOD
11. THINGS ON A WORK DESK
12. NAME A GEM

SELECT A LETTER AND WRITE  
DOWN AN ANSWER THAT  
STARTS WITH THAT LETTER

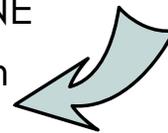
A B C D E F G H I J  
L M N O P Q R S T U  
V W X Y Z

1. \_\_\_\_\_ 7. \_\_\_\_\_
2. \_\_\_\_\_ 8. \_\_\_\_\_
3. \_\_\_\_\_ 9. \_\_\_\_\_
4. \_\_\_\_\_ 10. \_\_\_\_\_
5. \_\_\_\_\_ 11. \_\_\_\_\_
6. \_\_\_\_\_ 12. \_\_\_\_\_

### STEP 3



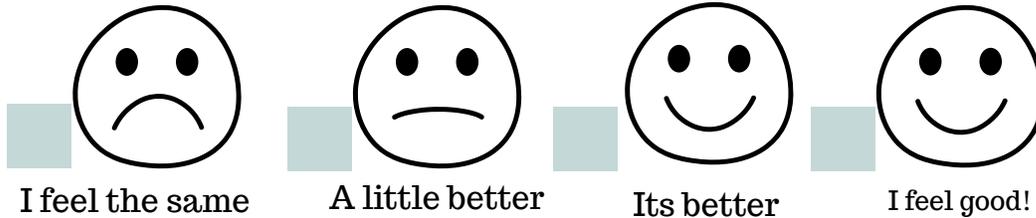
NOW FEEL OR IMAGINE  
yourself or a penguin  
skiing down a slope!  
Feel the movement!  
Maybe the coolness of  
the weather!



**GUILT/SHAME**

**RE-EVALUATE**

How **STRONGLY** does GUILT make you feel now? Your situation?



**TELL YOURSELF**



THE FOCUS IS NOT RESULTS.

THE FOCUS IS THE EFFORT!  
THE TIME SPENT WITH YOURSELF!  
THE PROGRESS!

**TEST YOUR RESULTS....THINK OF GUILTY SITUATION. HOW DOES IT FEEL?**

- SOME GUILT BUT NOT AS INTENSE

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- I CAN FORGIVE MYSELF! I HAVE CHANGED OR CAN DO MY BEST TO CHANGE

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- I CAN SEE THE LIGHT AT THE END OF THE TUNNEL

---

- I FEEL GOOD

---

- SHAME

---

- I FEEL OFF - TAKE A MOMENT...BREATHIN AS IF SMELLING A ROSE. AND EXHALE AS IF BLOWING A LEAF!

**I'M READY TO REWRITE MY MEMORY!!! 1 TO ZERO INTENSITY ONLY**




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**FEEL IT! VISUALIZE IT!**

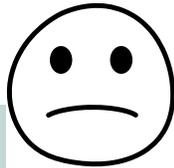
GUILT/SHAME

EVALUATE PDF

DO YOU FEEL THIS PDF HELPED?



NO



A LITTLE



YES SOME



LOVED IT

SUPPORT



BECOME A SUPPORTER OF THIS VITAL RESOURCE!  
LEAVE REVIEW! UPDATE A REVIEW! MAKE A DONATION  
WITH A PURCHASE OR MONTHLY DONATION!  
ONLY YOU CAN MAKE A DIFFERENCE....

*Thank You*

**DO NOT READ UNTIL COMPLETED WORKSHEET**

**ANSWERS**  
**FIND THE DIFFERENCE**

1. Arm Position
2. Smile/Frown
3. Birds
4. Missing Cloud
5. Grass in Front
6. Number of Trees
7. Bike Handle
8. Fingers
9. Grass in Second Hill
10. Clouds at Horizon