

- 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/SUBCONSCIOUS 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?

Neuroplasticity refers to your brain's ability to absorb information and evolve to manage new challenges. It's a natural gift that allows you to develop as a person and take on the ever-changing tasks of daily life. It is a game changer for navigating emotions.

LEARN HOW TO UTILIZE & BENEFIT FROM THIS WONDERFUL GIFT!!

\$5 DONATIONS WELCOMED



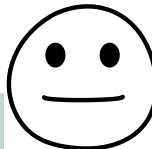
ENHANCE YOUR COPING SKILLS IN 45 MINUTES

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?

			
Overwhelmed	Sad	Bothers me	i'm fine

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 oldest memory

STEP 2 DISTRACTION

WRITE DOWN 15 THINGS THAT HAVE WHEELS
advanced use opposite writing hands



Large empty box for writing down 15 things that have wheels.

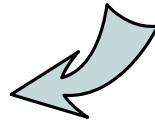
NOW IMAGINE SOMETHING VERY
HAPPY YOU HAVE EXPERIENCED



WHAT ARE YOU
SEEING AFTER THINKING OF
SOMETHING HAPPY, CALM,
PEACEFUL, FUN OR JOYFUL?



STEP 3



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

FOOD FOR
THOUGHT

STEP 1 - GO BACK TO PAGE 1 / Think BRIEFLY about all "the ways GUILT makes you feel".

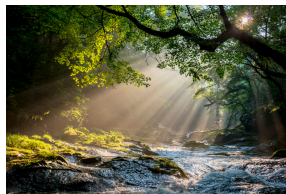
*just
breathe*

STEP 2 DISTRACTION

USING YOUR OPPOSITE WRITING HAND. WRITE DOWN "6 OR 7" ANIMALS

STEP 3

NOW IMAGINE SOMETHING VERY
HAPPY YOU HAVE EXPERIENCED



WHAT ARE YOUR
SENSATIONS AFTER IMAGINING
SOMETHING HAPPY, CALM, PEACEFUL,
FUN OR JOYFUL?



Food For Thought

GUILT...

IS A FEELING THAT
MANY ATTACH TO
UNACCEPTABLE ACTIONS THEY
HAVE DONE.
OTHERS MAY EVEN WANT PEOPLE
TO FEEL BAD. IS GUILT NEEDED TO
DECIDE TO MAKE CHANGES? OR
CAN ONE MERELY "KNOW" OR
COME TO REALIZE WHAT IS RIGHT
FROM WRONG

GUILT CAN BE UNWARRANTED,
SELF IMPOSED BY
ONE'S SELF OR OTHER'S. EITHER
WAY IT IS BEST RELEASED.

STEP 1 - Think BRIEFLY about "all the ways GUILT affects your life? Does it affect your self-esteem? Is your guilt from breaking rules/standard/morals



STEP 2 DISTRACTION

WRITE DOWN 15 STATES OR COUNTRIES

(ADVANCED DISTRACTION - USE OPPOSITE WRITING HAND)

STEP 3

NOW IMAGINE SOMETHING VERY
HAPPY YOU HAVE EXPERIENCED



WHAT ARE YOUR
THOUGHTS AFTER FEELING
SOMETHING HAPPY, CALM,
PEACEFUL, FUN OR JOYFUL?



CHECK IN ON
HOW YOU FEEL ABOUT
"GUILT"



10-8



7-5



4-2



1

STEP 1 - WHO HAS BEEN GUILTY THAT YOU HAVE NOT FORGIVEN?
CAN YOU FORGIVE YOURSELF? ARE THERE THINGS YOU DO OUT OF GUILT?
WHAT ABOUT SHAME?



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

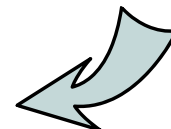
PERFUME
HAIRSTYLE
CURLING IRON
MOUSTACHE
BEARD
EYESHADOW
SAUNA
STYLIST
BRUSH
PERMANENT
SHAMPOO
WAXING
GOATEE
BLOWDRYER
MAKEUP
TRIM
RAZOR
HAIRCUT
COMB
SPA

WORD SEARCH

NOW IMAGINE SOMETHING
VERY HAPPY YOU HAVE
EXPERIENCED (FEEL IT)
or watch a 60 second video



STEP 3



STEP 1 - WHAT IS THE WORST THING ABOUT GUILT?
DO THE FACES IN YOUR MEMORY HAVE GUILT? WHERE DO YOU
FEEL THE GUILT?

*just
breathe*

STEP 2 DISTRACTION

SCATTEGORIES

1. BEVERAGE
2. ANIMAL
3. SOMETHING YOU DRINK
4. CITY
5. FREE ACTIVITY
6. SOMEPLACE YOU DON'T
HAVE TO PAY MONEY
FOR
7. A COUNTRY
8. TYPE OF CAT
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

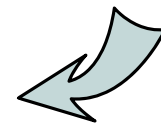
A B C D E F G H I J
L M N O P Q R S T U
V W X Y Z

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

STEP 3



NOW THINK OR IMAGINE
SOMETHING VERY HAPPY YOU
HAVE EXPERIENCED (FEEL IT)
or 60 second VISUAL VIDEO



STEP 1 - GUILT what remains? Is it in color your memory image? Is it heavy or of large size? Any physical symptoms? Does it feel close or far?

STEP 2 DISTRACTION

*just
breathe*

SCATTEGORIES

1. ANIMAL
2. SOMETHING YOU DRINK
3. A STATE
4. A FREE ACTIVITY
5. SOMEPLACE YOU SPEND MONEY
6. CARTOON CHARACTER
7. TYPE OF FRUIT
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

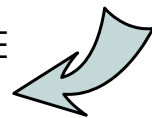
A B C D E F G H I J
L M N O P Q R S T U
V W X Y Z

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

STEP 3



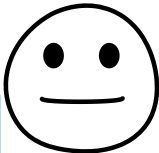
NOW FEEL OR IMAGINE
SOMETHING VERY
PEACEFUL YOU HAVE
EXPERIENCED OR
WATCH A VISUAL VIDEO



GUILT/SHAME

RE-EVALUATE

How STRONGLY does GUILT make you feel now?

			
☐ I can't do anything	☐ Sad	☐ Bothers me	☐ it's okay

ANY OTHER MEMORIES?

*REPRINT
FOR EACH
MEMORY*

CONTINUE TO TOUCH UP
ON THIS EMOTION...YOU WILL NOTICE
EACH MEMORY WILL HAVE LESS
INTENSITY AND SOME JUST NOT
AFFECTING YOU IN THE SAME WAY!

HOW IS GUILT MAKING
YOU FEEL NOW?

☐	BLAMED
☐	A Physical Sensation (where at?)
☐	SELF PUNISHING
☐	FRUSTRATION
☐	SHAME
☐	ANXIETY

HOW does the 1st time you ever felt GUILT FEEL/LOOK now?

*just
breathe*

*just
breathe*

GUILT/SHAME

EVALUATE PDF

DO YOU FEEL THIS PDF HELPED?



TEST YOUR RESULTS....

How are you feeling and thinking differently?

**THINK OF THE WORSE
OF THE WORSE.**

**WHAT YOU JUST THOUGHT
OF...DID YOUR EMOTIONS GO
UP OR STAY DOWN?**

**HOW MUCH DID IT GO UP?
LATER DO TOUCH UP TO CLEAN UP
REDO FORM OR DO MAKE PEACE WITH
EMOTION VIDEO SERIES**

TRY ONLINE - MAKE PEACE WITH EMOTIONS



**THIS 7 DAY COURSE WILL GUIDE TO LOOK
AT ANY SITUATION AND HELP YOU TO
RELEASE SEVERAL EMOTIONS ATTACHED.**