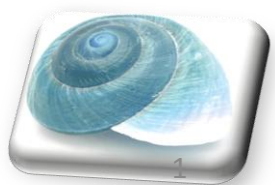


“The Guilt Trip: A Journey
out of persistent guilt.”

@vicarwill

Rev Will Van Der Hart
Mindandsoul.info



Starting the Journey...

- Let us draw near to God with the full assurance that faith brings, having our hearts sprinkled to **cleanse us from a guilty conscience.** Hebrews 10:22
- Now the Lord is the Spirit, and where the Spirit of the Lord is, there is **freedom.** 2 Cor 3:17
- Be transformed by the **renewing of your mind.** Rom 12:2
- **Training the body has some value.** But being godly has value in every way. 1 Tim 4:8



Top 5 Christian Assumptions?

1. All 'real' Christians feel free from the guilt of the past.
2. Feeling guilty indicates that you are guilty.
3. Feeling guilty about 'confessed sin' is a sin.
4. I am completely responsible for what I feel guilty about.
5. There is only one sort of guilt and one way to deal with it.



Guilt Proneness Scale:



(Increasing likelihood of:
Anti-social/Criminal
behaviour.)



Low Guilt Proneness (Sociopath)

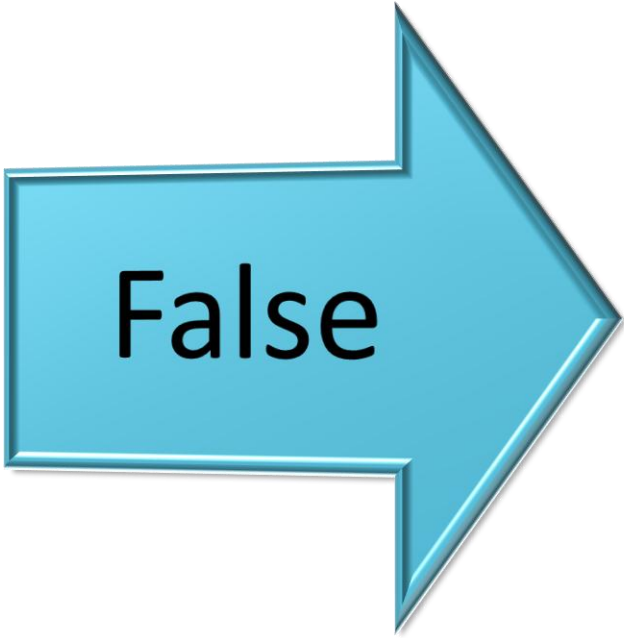
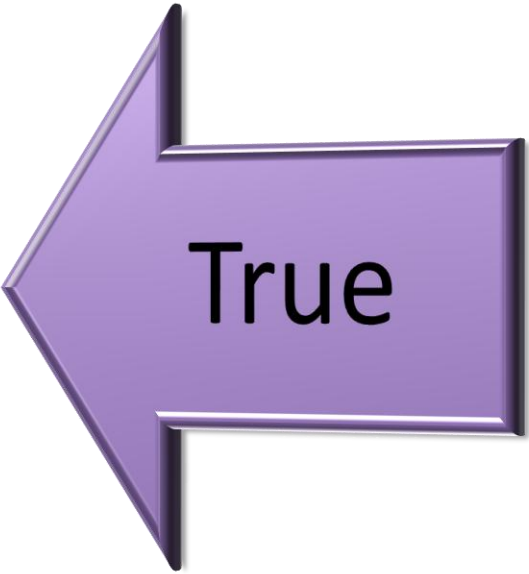


High Guilt Proneness
(Empath)

(Increasing likelihood of:
Responsibility based anxiety/
intro-personal hostility.)



2 Types of Guilt:



True Guilt Foundations:

“For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight.” Isaiah 51:3,4

1. Results from real and determined acts.
2. Would be considered sin by a mature Christian friend.
3. Has not been confessed to God before.
4. Can be restorative and growth inducing.

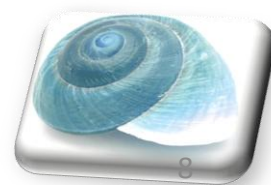
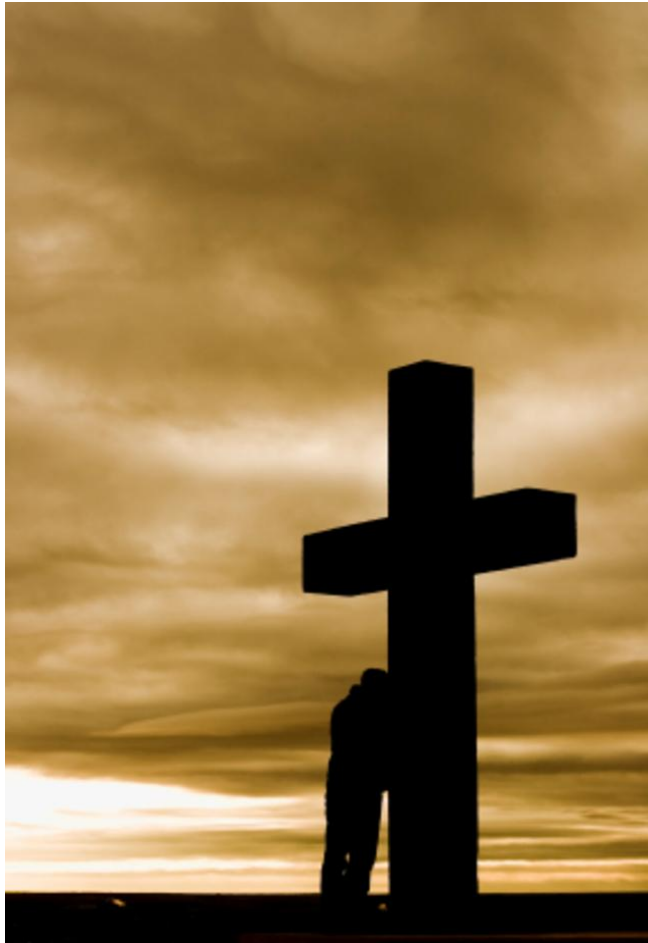


False Guilt Foundations:

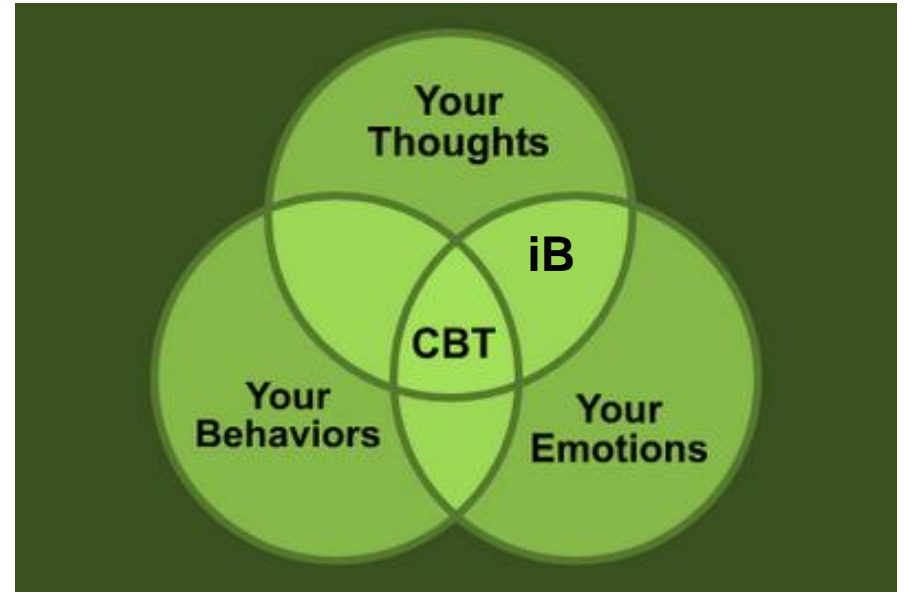
“Then he showed me Joshua the high priest standing before the angel of the LORD, and Satan standing at his right side to accuse him.” Zec 3:1

1. Results from general or ambiguous ideas.
2. Would be not considered sin by a mature Christian friend.
3. Could be repeatedly confessed historic sin.
4. Undermines identity and self-worth. Ultimately toxic.





False
Guilt



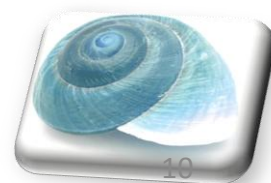
Actions-iBeliefs-Consequences

Actions:
Events
Ideas
Stimulus
Reactions
Perceptions

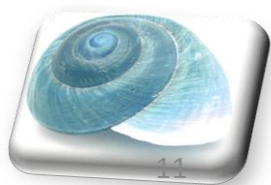


Consequences:
Counteractions
Emotions
Self -perception
Obsessions
Withdrawal

iBeliefs: Thoughts & Emotions
Self – Perception
Social Assumptions
Formative experiences



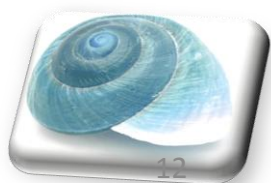
'I feel guilty' therefore 'I am guilty'



False Guilt Results From:

1. High Guilt Proneness disposition
2. Guilt induction parenting experience
3. Low self esteem/self worth
4. Mis-comprehension of the theology of grace
5. Symptomatic in Mental Health diagnosis:

Acute stress disorder - inappropriate guilt
Bipolar disorder - inappropriate guilt
Depression - inappropriate guilt
Depressive disorders - Guilt
Dysthymia - inappropriate guilt
Seasonal depression disorder, PND - inappropriate guilt
Grief - guilt after a personal loss.
Hyper IgE - guilt
Post-traumatic stress disorder - Feelings of intense guilt



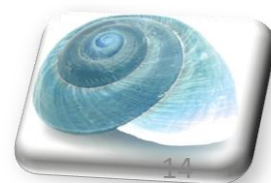
Feeling guilty and being guilty



Responsibility Pie

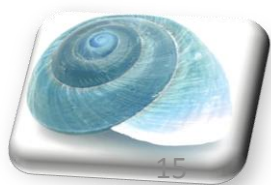
1. Be Specific
2. Be Realistic
3. Be Honest

Tolerating Guilty Feelings



Overvalued Guilt Ideas

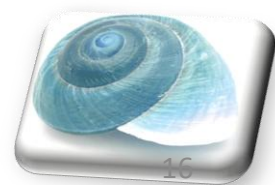
1. Our guilt '**feels**' urgent or significant
2. Our ideas about ourselves are unrealistic
3. We have a '**black or white**' thinking style
4. We feel blocked without certainty



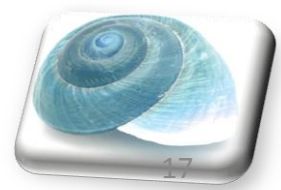
Trying to 'get away' from false guilt:



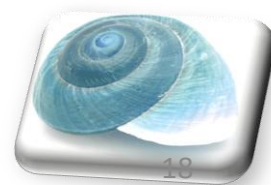
- 1) Strengthens guilty feelings
- 2) Further damages self-esteem
- 3) Extends 'Impostor syndrome'
- 4) Undermines faith
- 5) Repeats cycle



3 Treatment approaches



False guilt steals the joy of the true forgiveness we have received for our true guilt.



Where do I go from here?

“Training the body has some value. But being godly
has value in every way.” 1 Tim 4:8



CBT

Guilt Tools

Psychology

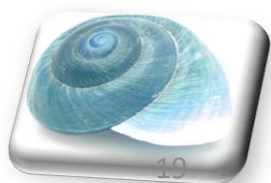
Mindandsoul.info



Prayer

Discipleship

Holy Spirit Ministry



Get More Help

Online Resources

CBT Books

GP Advice

Mind and Soul

Prayer Ministry

