

Guilt

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The Guilt Book





I TRIED TO CATCH HIM, BUT I COULDN'T, AND NOW I'VE LOST MY BEST FRIEND!



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WELL CALVIN, IF YOU WOULDN'T DRAG THAT TIGER EVERYWHERE THINGS LIKE THIS WOULDN'T HAPPEN.



THERE'S NO PROBLEM SO AWFUL THAT YOU CAN'T ADD SOME GUILT TO IT AND MAKE IT EVEN WORSE!



5-26

NEEDSON

- *Guilt – the gift that keeps on giving!!*
 - [Erma Bombeck]
- *'Godly guilt brings repentance that leads to salvation and leaves no regret, but false guilt brings death.'*
 - [2 Corinthians 7:10]
- *“Sadly, we do a much better job of making people feel guilty than we do of delivering them from the guilt we create. We need to confess this and change our ways.”*
 - [Attributed to Tony Campolo]

5 Assumptions



The roots of guilt

- “Guilt is... a religious problem which interests theologians, a social problem which interests sociologists and a psychological problem which interests psychologists.”
- **“Guilt cannot be dissected...”**



Two types of guilt

TRUE

FALSE



Getting rid of God?



entering Guilt-Free
environment
~enjoy the ride



Guilt

Roots and Shoots

*“Unexpressed emotions
will never die. They are
buried alive and will come
forth later in uglier ways.”*

[Attributed to Sigmund Freud]

Patterns in the Mind

- Psychoanalysis
 - Repression of the Id
- Behaviourism
 - Guilt motivates
- Cognitive Theory
 - Making assumptions
- Clinical Depression
 - Guilt as a symptom



Psychopath or Empath?



Guilt and Shame Proneness



If it feels bad, it must be bad...



Guilt

A path to grace and freedom..!

A ladder of techniques



- ① Guilt Spotting
- ② Making new appraisals
- ③ Behavioral Experiments
- ④ Compassion

Accepting Forgiveness

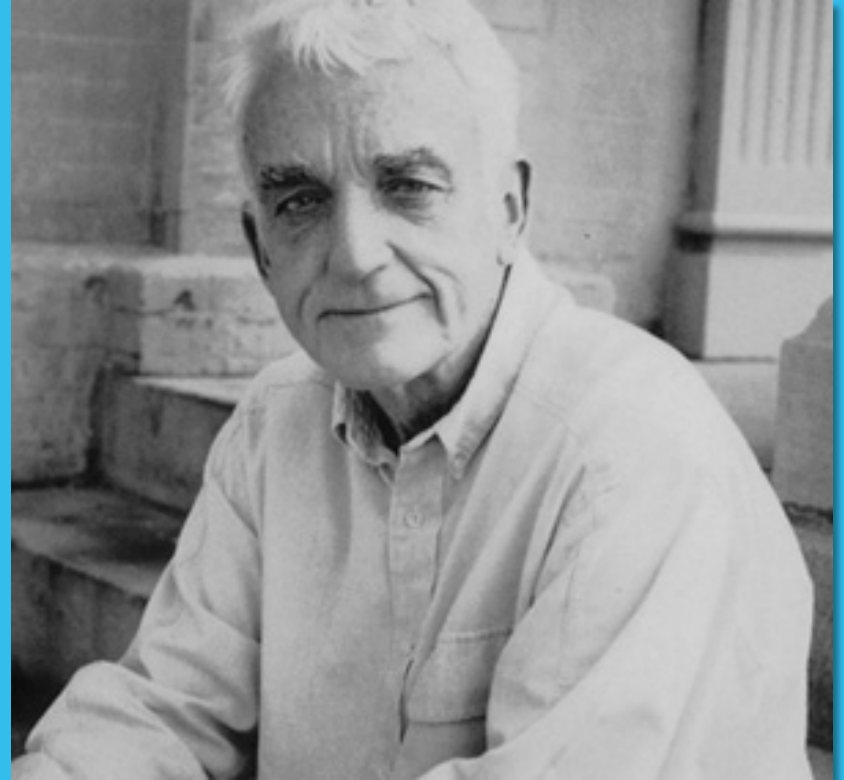
‘The courage to be is the courage to accept oneself, in spite of being unacceptable.’

[Paul Tillich, The Courage to Be]



Brendan Manning [1934-2013]

- To live by grace means to acknowledge my whole life story, the light side and the dark.
- In admitting my shadow side I learn who I am and what God's grace means.



Manning B (1990) The Ragamuffin Gospel. Multnomah



Premier.

mind&soul
exploring christianity and mental health



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