

Unpacking Your Guilt PTSD Worksheet

Patient Name:

Date:

Guilt is an irrational, powerful, and sometimes destructive emotion. If you are feeling it, it is irrational but normal because it is difficult to assign responsibility. This guilt might give you a false sense of control. When you take on the burden of responsibility, you tell yourself it wasn't random or inconsequential. The best strategy for dealing with guilt is looking into the future and making wise choices. Remember that you know how to grieve and do it. Look around and see how other people think and feel about your survival. Perhaps their perception works better than yours. Check to see if you have distorted thoughts about causes and effects.

Describe the feeling of guilt that you remember.

What did you do in that situation? How did you think and act?

How did that motivate you?

Do you notice when other people are guilty? What do you do?

How does guilt influence your relationships?

Source: [https://www.betweensessions.com/wp-content/uploads/2019/10/The PTSD Workbook-PDF VERSION.pdf](https://www.betweensessions.com/wp-content/uploads/2019/10/The_PTSD_Workbook-PDF_VERSION.pdf)