

# STRATEGIES TO COPE WITH GUILT

## IDENTIFY YOUR TRIGGERS

WHAT HAPPENED  
RIGHT BEFORE YOU  
FELT GUILTY?

WHAT ARE YOU TELLING  
YOURSELF ABOUT THAT  
SITUATION?

HOW DOES THIS  
BELIEF AFFECT YOU

## REFRAME GUILT THOUGHTS

INSTEAD OF SAYING, "I'M NOT DOING ENOUGH."

TRY SAYING - \_\_\_\_\_

## REDEFINE "ENOUGH"

\_\_\_\_\_  
\_\_\_\_\_

## BE PRESENT INTENTIONALLY

