



Guilt vs Shame

Guilt	Shame
 is about our actions, not who we are as a person	 our experience of believing we are flawed and bad as a person
 at its core, guilt is about our behaviour	 at its core, shame is about our self-worth
 Is a healthy reaction when we do something we shouldn't have. It means we can apologise, move on and change our behaviour if we need to.	 is an unhealthy and personal reaction when we have done something we shouldn't have
 allows you to respect yourself despite feeling bad about the behavior	 does not allow you to respect yourself, reduces self-esteem and the bad feeling can begin to define you as a person

We have all experienced shame. Being aware of its impact, talking it over with someone we feel safe with, we trust and who will empathise with us can enable us to take our power back, lessening shame's control over our lives!