

6 CHARACTERISTICS OF GUILT



1 EMOTIONAL DISTRESS

Guilt often involves feelings of distress, sadness or anxiety. It can weigh heavily on a person's conscience, leading to emotional discomfort and inner turmoil.



2 SELF-BLAME

Individuals experiencing guilt tend to blame themselves for something they perceive as wrong or harmful. They may feel responsible for the negative consequences of what they said or did.



3 SENSE OF WRONGDOING

Guilt swamps individuals when they believe they have violated their own moral code, societal norms, or personal values. They feel they have transgressed a standard they should have upheld.



4 DESIRE FOR FORGIVENESS

Those experiencing guilt may seek forgiveness from others or themselves to lessen their guilt and restore their sense of integrity.

5 PUNISHING ONESELF

Some individuals overwhelmed by guilt may resort to punishing themselves, either consciously or unconsciously, for past words or actions that they later regret.



6 EFFECT ON BEHAVIOUR

Guilt can influence behavior, prompting individuals to make amends, correct their mistakes, or change their actions in the future to avoid similar situations.



Guilt How To Recognize And Cope With It

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