6 CHARACTERISTICS PHERLIEST OF GUILT

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.

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.

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.

PESIRE FOR

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

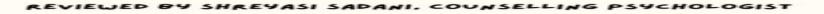
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PUNISHING

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

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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Guilt How To Recognize And Cope With It:

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