1. Print the Facilitator’s Instructions and handouts for attendees

2. Play Video: “Intro to Caregiver Guilt”

3. Play Video: “Madelyn Leaves Quentin Home Alone”

4. Invite discussion and ask open-ended questions

5. Play Video - “Guilt 1 - What a Trip!”

6. Lead discussion and ask open-ended questions

7. Ask attendees to complete Journal/Worksheet #12 (Awareness & Acceptance)

8. Play Video - “Guilt 2 - Get Lost You Big Bully!”

9. Lead discussion by asking open-ended questions

10. Review the statements and Action Steps on Journal/Worksheet #13

11. Ask attendees to complete Journal/Worksheet #13 (Action)

12. Invite discussion

13. Review and discuss Affirmation/Action Statement

14. Invite discussion
Guilt - Session Goal:
The purpose of this module is to help caregivers understand that guilt may not be an appropriate response in most situations. Unless they have intentionally inflicted physical or emotional pain on someone, your goal is to help them eliminate the word “Guilt” from their emotional vocabulary and replace it with the word “Regret”.

Facilitator Tip:
Leading the discussion about the video “Madelyn Leaves Quentin Home Alone”
When you have finished watching the video, invite discussion by asking open-ended questions:

Open-ended Questions
- Has anyone here gone through something similar to Madelyn’s experience that caused you to feel guilty?
- Do you think it’s possible that Quentin was secretly happy that Madelyn felt so badly about leaving him at home?
- Would anyone like to comment on whether you think Madelyn should have felt guilty about leaving Quentin alone on their anniversary?

After your attendees have had a chance to comment on this video, play “Guilt 1 - What a Trip!”

Leading the discussion about the video “Guilt 1 - What a Trip!”
When you have finished watching the video, invite discussion by asking your attendees open-ended questions:

Open-ended Questions
- Would anyone here like to share an experience they’ve had with a guilt-tripper?
- Would anyone like to talk about how a guilt-tripper may have been effective in controlling your actions or behavior?
- Have feelings of guilt ever motivated you to do something you don’t want to do?
- Have feelings of guilt ever prevented you from doing something you really wanted to do?
Open-ended Questions, cont’d.
- Would anyone like to share how you feel about your guilt-tripper when that happens?
- In the video, guilt is described as a “cruel and controlling emotion”. Does anyone have any thoughts they’d like to share about that?
- Does anyone have any thoughts on how self-imposed guilt might be different from guilt that is being imposed upon you by someone else?
- Does anyone have any thoughts on why guilt-trippers don’t seem to mind making other people feel badly about themselves?

Creative Indifference toward Guilt
Completing Steps 1 & 2: Awareness and Acceptance
Ask your attendees to complete the first two steps of Developing an Attitude of Creative Indifference toward Guilt by completing Journal/Worksheet #12. Invite discussion and comments when they are done writing.

Facilitator Tip:
Leading the discussion about the video “Guilt 2 - Get Lost You Big Bully”
When you have finished watching the video, lead the discussion by asking open-ended questions.

Open-ended Questions
- Would anyone be willing to share what it would be like to not feel guilty for any situation or event in which you didn’t intentionally cause harm to another person?
- How does the idea of choosing to feel “Regret” rather than “Guilt” change things for anyone here?
- Who might be willing to share an incident over which you had formerly felt guilty that you will now choose to “Regret” instead?
- Would anyone like to share how you think choosing not feeling guilty might change the way you feel about yourself?
Open-ended Questions, cont’d.

- Does anyone have any thoughts on how the guilt-tripper(s) in your life might respond if you decide you will no longer allow yourself to be manipulated by guilt?
- Who can comment on how things might change if you chose to not feel responsible or guilty for someone else’s behavior?
- Who has a thought to share about whether or not there is ever a situation when feeling guilty would benefit you as a caregiver?

Creative Indifference toward Guilt

Completing Step 3: Action

Ask your attendees to review the statements at the top of the Journal/Worksheet #13 and answer the questions:

- Did I intentionally cause harm to another person?
- Could I accept, explain or forgive that behavior in someone else?
- Is this feeling self-imposed?
- Is this feeling being imposed upon me by someone else?
- Can I change what happened?
- Does my guilt benefit my care receiver?

Next, ask your attendees to focus on one specific event (or one particular person) that has caused them to feel guilty. And then, if they have not intentionally inflicted physical or emotional harm on another person, ask them to replace the word “Guilt” with the word “Regret”. Then ask them to complete Journal/Worksheet 13. (They can complete the statements provided or replace them with statements of their own.)

- I regret that I lose patience when my care receiver ____________________
- I regret that I don’t enjoy _________________________________________
- I regret that it is necessary for me to _______________________________
- I regret that it is no longer possible for me to_______________________
- I regret that I did or didn’t do _______________________________________
- I regret (Fill in the blank) _________________________________________
When they’re finished writing, ask if anyone is willing to share how they intend to change the way they respond to guilt. Ask if anyone would like to share additional ideas or suggestions they think would be beneficial to other caregivers.

Discuss Affirmation/Action Statement

I will replace the word **GUILT** with the word **REGRET**
Module 3 : Session 1 : Printed Instructions
“Coping with Caregiver Guilt” PDF

1 Watch Intro Video
   Coping with Caregiver Guilt Module 3, Session 1

2 Download and Print this PDF

3 Watch Video
   “Madelyn Leaves Quentin Home Alone”

4 Watch Video
   Guilt 1 - “What a Trip”
   Complete Workbook Page 12
   (3rd Page of this PDF)

5 Watch Video
   Guilt 2 - “Get Lost You Big Bully”
   Complete Workbook Page 13
   (4th Page of this PDF)

6 Read Action Step

7 Finish Button

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Caregivers often get caught up in the spiraling cycle of anger followed by guilt. They think they should be able to do more. They feel guilty for losing their tempers, for having negative thoughts, for wanting a little free time for themselves, for not being able to keep promises, for family conflicts, and for sometimes wishing their loved one would just die.

Sometimes guilt is self-imposed; sometimes it is inflicted on us by others. Either way, it can be a destructive emotion that leads to feelings of resentment, more anger, and depression.

I am **AWARE** that I feel guilty when (or about) ________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**I ACCEPT** that guilt may or may not be an appropriate response.

My feelings of guilt are generally based on my _____ actions _____ feelings

Guilt impacts my behavior and my attitude toward others in the following ways:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

I am willing to accept the fact that I am human and that sometimes I will (or will not)
I will take **Action** to manage my **Guilt**
by implementing one or more of the following strategies:

Applying the principals of Creative Indifference to situations that have caused you to feel guilty, complete the following:

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did I intentionally cause harm to another person?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Could I accept, explain or forgive that behavior in someone else?</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Does my guilt benefit my care receiver?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If I have **not** intentionally caused physical or emotional harm to my care receiver, I will change my vocabulary. When I start to feel guilty, I will replace the word **guilt** with the word **regret**. For example:

I **regret** that I lose patience when my care receiver _____________________________

I **regret** that I feel ______________________________________________________

I **regret** that I resent the time it takes to ______________________________________

I **regret** that I our relationship is __________________________________________

I **regret** that I did or didn’t_________________________________________________

I am going to focus on the kind, loving, and generous things I do on a regular basis to help my care receiver by listing them here: ___________________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

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*Module 3: Guilt*