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

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

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

4. Ask attendees to complete Journal Worksheet Page 10 (Awareness & Acceptance)

5. Lead discussion by asking open-ended questions

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

7. Lead discussion by asking open-ended questions

8. Ask attendees to complete Journal Worksheet Page 11 (Action)

9. Invite discussion

10. Read Affirmation/Action Statement

11. Invite discussion
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 else, the goal is to help them eliminate the word “Guilt” from their emotional vocabulary and replace it with the word “Regret.”

Facilitator Tip:
First Two Steps - Awareness and Acceptance
Ask your attendees to complete the first two steps of Developing an Attitude of Creative Indifference toward Guilt: Journal/Worksheet Page 10. When they are done writing, follow with open-ended questions.

Opened-ended questions:

- Has anyone here ever experienced a situation similar to Madelyn that caused you to feel guilty?
- Do you think it’s possible that Quentin may have been secretly happy that Madelyn felt so badly about leaving him home?
- Would anyone 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?
- Can anyone address how feelings of guilt sometimes makes you do something you don’t really want to do or prevents you from doing something you do want to do?
- Does anyone want 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?

Facilitator Tip:
Third Step - Action

After watching the video, “Guilt 2 - Get Lost You Big Bully”, review the statements at the top of the Journal/Worksheet Page 11 and invite discussion.

- 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?

Opened-ended questions:

- Would choosing to feel “Regret” rather than “Guilt” change anything for anyone here?
- Would anyone like to share an incident over which you had formerly felt guilty that you will now choose to “Regret”?
- Would anyone like to share how you think choosing not feeling guilty might change the way you feel about yourself?
- Would anyone feel comfortable talking about how you think the guilt-tripper(s) in your life might respond if you decide you will no longer allow yourself to be manipulated by guilt?
• Would anyone be willing to share how it would feel to not feel guilty for situations and events that you didn’t create?

• Would anyone want to share how you think things might change if you chose to not feel responsible or guilty for the other people’s behavior?

• Does anyone think that guilt benefits you as a caregiver?

Following Discussion: 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 try replacing the word “Guilt” with the word “Regret” and then have them complete Journal/Worksheet 11. (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) ___________________________________________

Discuss Affirmation/Action Statement

I will replace the word **GUIL**T 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 10*
   (3rd Page of this PDF)

5. **Watch Video**
   Guilt 2 - “Get Lost You Big Bully”
   *Complete Workbook Page 11*
   (4th Page of this PDF)

6. **Read Action Step**

7. **Finish Button**
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:

- Did I intentionally cause harm to another person?  
  - Yes  
  - No
- Could I accept, explain or forgive that behavior in someone else?  
  - Yes  
  - No
- Is this feeling self-imposed?  
  - Yes  
  - No
- Is this feeling being imposed upon me by someone else?  
  - Yes  
  - No
- Can I change what happened?  
  - Yes  
  - No
- Does my guilt benefit my care receiver?  
  - Yes  
  - No

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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