

Agenda

Module 04 - Hour 01: Giving Caregiver Guilt the Boot (Workbook Page 14)

00:00 - 00:05

Welcome (5 Minutes)

Read or Paraphrase

*Welcome to the first session of **Module 4**, “**Giving Caregiver Guilt the Boot**.” Changing how we respond to guilt is challenging because it is a cruel, controlling, and complicated emotion that can make us feel like we aren’t doing enough or giving enough even when we give every ounce of our physical, mental, and emotional energy.*

Today, we are going to talk about how to:

- ***Recognize** the behavior of guilt-trippers.*
- *Distinguish between **earned guilt** and **unearned guilt**.*
- ***Stop feeling guilty** when you haven’t done anything wrong.*

Does that sound like a good plan? If so, let’s get started by watching the video “Madelyn Leaves Quentin Home Alone.”

00:05 - 00:12

Play VIDEO

“Madelyn Leaves Quentin Home Alone.” (7 Minutes)

00:12 - 00:14

Workbook Page 14: (2 Minutes)

Ask participants to turn to Workbook Page 14. Read both paragraphs at the top of the page. Pay special attention to the second paragraph about **unearned guilt**.

00:14 - 00:26

Breakout Session (12 Minutes)

Read or Paraphrase

Madelyn didn't have the physical or emotional energy to get Quentin ready to go to church with her. Once she got there, she felt guilty for leaving him at home. As we go into our breakout session, I would like for you to discuss the following questions:

Questions to Consider:

1. Have you ever done something for yourself and then felt guilty about it?
2. Can you describe a time when you experienced "unearned guilt?"

00:26 - 00:27

Intro Video (1 Minute)

Our next video is called "Who's Your Guilt Tripper." It will help you recognize the source of your guilt and the behavior of guilt-trippers.

00:27 - 00:35

Play VIDEO

“Who’s Your Guilt Tripper?” (8 Minutes)

00:35 - 00:38

Workbook Page 14 (3 Minutes)

Read or Paraphrase

*Please turn to Workbook Page 14 and follow along as I read the **Aware** statement:*

“I am aware that I feel guilty when (or about):_____”

Please complete that statement after this meeting.

Now, look at the two bulleted statements below and check one or both if they apply.

These feelings are often:

- *Self-Imposed – Unearned Guilt.*
- *Imposed upon me by someone who manipulates me to get what they want.*

*Next, I’m going to read the list in the **Accept** section at the bottom of Page 14. I’d like you to check the statements with which you agree.*

Read the bulleted statements.

00:38 - 00:50

Breakout Session (12 Minutes)

Questions to Consider:

1. Is there someone who uses guilt to manipulate you into doing what they want?
2. How would it feel to stop feeling guilty when you haven't done anything wrong?

00:50 - 00:52

Wrap up (2 Minutes)

Read or Paraphrase

Thank you for being here today. I have a short affirmation statement I'd like to share with you before we leave:

"I acknowledge that I have the ability to control my thinking and the power to choose how I respond to guilt-trippers."

Next time, we will cover the second hour of Giving Caregiver Guilt the Boot, and we'll talk about:

- *How changing your emotional vocabulary can change your relationship with guilt.*
- *The importance of "standing in your own shoes."*
- *How to release your need to manage other people's feelings.*

00:52 - 01:00

Group Discussion (8 Minutes)

If time allows, ask if anyone has a question or comment.

If no one volunteers, you could ask one or more of the following questions:

- *Was the term “Unearned Guilt” new to any of you?*
- *Did the description of a guilt-tripper’s behavior sound familiar to you?*
- *Did anything in the videos or your Breakout Sessions make you think about guilt differently?*