A PAUSE, A PRACTICE, A NEXT STEP

Guilt

Separate responsibility from self-punishment.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Describe the concern specifically

Write what you regret without turning it into a statement about your whole identity. You can keep details brief and avoid revisiting traumatic scenes alone.

01 / Notice and reflect

What action or event am I judging?

02 / Notice and reflect

What was and was not within my control?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support when guilt is persistent, tied to trauma or loss, or leads to self-punishment. Repeated confessing or checking for certainty can also warrant an OCD-informed assessment.

Read more: VA · Moral injury and PTSD

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.