

Dealing *with* Guilt

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

For those who view life as a journey, consider this “travel advisory”: guilt trips are not recommended.

While we may experience feeling of guilt due to a personal wrongdoing (whether actual or perceived), we may also feel guilty if we deemed ourselves to be blamed or have been blamed for something that we did not do *or* have done enough, in regard to our role or obligation.

Whether the wrong has been our own doing or that we have been assigned the blame by others, the guilt may gnaw at our conscience until we decide to quell the inner turmoil. A conscience that is plagued by guilt is known to lead to a host of other problems. Just ask Joyce Meyer, an international speaker who once shared, “I was tormented with guilt for years and years. In fact, it was so bad that if I didn't feel wrong, I didn't feel right!”

A grayscale photograph of a person wearing a white hoodie, with their hands clasped together in a prayer-like gesture. The person is wearing a ring on their left hand. The background is a soft, out-of-focus grey.

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SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting. If you would like to speak to a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

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In our effort to deal with the guilt, we may be prompted to take steps or actions in order to rectify the situation, to make amends, or that we simply do not wish to be culpable for an undesirable outcome.

Though it may have desired effect such as bringing about positive behaviour change, it may also have the unintended consequence of the person developing a strong sense of condemnation, whether directed towards self and/ or others.

It is a known fact that people with a guilt-ridden conscience may find themselves wallowing in blame and reproach, and may resort to punitive ways to cope with it, including lashing out at oneself or others.

This led New York Times top-selling author, Kris Carr to say, “Guilt is a poisonous illusion. Many languages don't even have a word for guilt. Sure, we all feel it. But we also get to decide if we're going to let guilt bring us down or not. Acknowledge the feelings, and then give yourself permission to let them go.”