

# GUILT RECIPE CARD

## Ingredients

- SOMETHING YOU DID OR DIDN'T DO
- SOMETHING YOU THINK YOU DID/DIDN'T DO
- DIDN'T DO ENOUGH TO HELP PERSON/PEOPLE
- CONSIDERED BY OTHERS TO BE DOING BETTER THAN THEM/SOMEONE ELSE

## Directions

## Journal Note

## SHOPPING LIST

ANGER

ANXIETY

DEPRESSION

EMPTINESS

ENVY

GUILT

LONELINESS

RAGE

REGRET

REMORSE

SADNESS

SHAME