



VEIL *of*  
CHANGE

Giving Guilt The Boot Forever

**LIFTING THE VEIL OF CLARITY**

## Letting Go Of Those Guilty Feelings

When we do something wrong – we chastise ourselves. This can be a good thing as it helps us to keep within our beliefs, it's a way to learn lessons and move on.

Problems arise when the lesson is not 'let go' and feelings of shame, debilitating emotions and lack of self worth take over.

**It is useless to anguish over an action that cannot be changed.  
The only part of guilt that is useful, is the first part that can make you realise mistakes and then make the necessary changes so it wont be repeated.**

People with a healthy outlook on life will take this guilty feeling and deal with it, and so move on in life.

Not that many people seem to do this.

Just about everyone seems to replay the feelings of guilt over something they have done in the past. So self-punishment takes place in the form of mental anguish and usually this is followed by feelings of abject misery.

**In reality there is probably nothing that you can do to change what you have done, however you can change the way you perceive your 'misdeeds' so you can forgive yourself and move forward with your life.**

Not one person on this earth can confidently claim that they have never made mistakes. Which means we are all just as capable of each other to cause upset. The difference between those who suffer guilt and those who do not boils down to self-love and forgiveness.

If your child is naughty you would show them the right way, so they can correct their behaviors. You would not make them suffer for years on end, so why do it to yourself?

**It's an interesting view on life.**

**✓ As you only have one conscious life at a time would you rather spend it happy?**

**Or in a mode of self-punishment for something that was done and that can't be undone?**

## Choosing To Be Happy

You will probably choose a happy life, yet most people even though that is what they wish, punish themselves continuously about things that happened possibly years ago.

The strangest thing of all is that if you are the perpetrator of the misdeed, it is very possible the victim has forgotten about it a long time ago. And the only one suffering is yourself.

- ✓ **Letting go of guilt, will free up your mind, lift your spirits and let you progress onto the next stage of your life, without continuously dragging you down.**

**The following 6 strategies will help you to give guilt the boot now:**

### **1 Guilt is an Emotion**

Accept that feeling guilty is normal. It will make you take notice of your actions. However it is not normal to continually feel those emotions. So acknowledge the guilt then let it go.

### **2 Learn From Your Mistakes**

Learn from your mistakes, and decide not to repeat them, by being more aware of your actions as you do them.

### **3 Say Sorry**

If you feel that you have hurt others, then take the time to let them know how remorseful you are. Say you are sorry; they may need time to forgive you, so allow them the time to heal.

### **4 New Day – New You**

Remember that each day is a new day; in fact each minute is a new minute. You are a new person with every breath you take. So let your mind go free of guilt and move onwards and upwards towards a happy and free life.

### **5 Do a Good Deed**

To help make you feel better – taking action is so much better than just verbalising intentions.

## 6 Take the Time

Sit down and really think about whether your emotions or feelings come about because of guilt. Write them down so you are more aware of your habits and reactive actions, so you can change them as you go.

**Sometimes extreme cases of guilt can cause depression and sufferers in this case will need to consult with an advisor or doctor in order to undertake professional counseling.**

If this is you then do it - don't think you have to go it alone and certainly don't feel guilty about it.



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