



One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

guilt

**guilt** — *the fact or state of having committed an offense, crime, violation, or wrong, or, the feeling of responsibility or remorse for something whether real or imagined.*

**Guilt** is that awful feeling that hits us in the pit of the stomach when we know we have done something wrong, and we'll do almost anything to get rid of it. First comes the cover-up, then we play the blame game as we try to justify or rationalize our actions. We think that the more we can blame someone else, the less guilty we will feel.

Sometimes we try to escape from guilt through activities, sports, or even alcohol, or drugs. Or we run to psychiatrists—but often they say to just ignore that guilty feeling because it has no basis in reality. We try, but somehow we just can't pull it off. Why not?

We can't escape these feelings by ignoring them because built into our nature is a knowledge of right and wrong—a moral code.

Of course, feeling a certain amount of guilt is a good thing as it stops us doing things (usually) that are in conflict with our values, or encourages us not to repeat our behavior if we have transgressed our particular moral boundaries. Ironically, guilt can, on one level, make us feel better about ourselves. Our reasoning might be that because our conscience is bothering us about something we feel we have done wrong, we must be a good person to have such high standards which cause us psychological pain if we fall short of them. We conclude we have a strong conscience which is a moral virtue.

However, excessive guilt is unhelpful to both us and others – at its worst, it can lead to a state of deep depression and almost paralyzed inactivity, suicidal feelings, or, even, actual suicide. It is, therefore, important to be able to process guilt and then move on with our lives.

Feelings of guilt can make us miserable. Like a heavy burden those guilty feelings weigh on us and destroy all positive feelings. Even when we know we haven't done anything wrong, yet still feel guilty about it. What causes these erroneous feelings of guilt? When we feel a sense of guilt which is not attached to specific acts, or is attached to acts for which we should not, objectively speaking, feel guilt.

## The Anatomy of Guilt

Sometimes we know when we feel guilty, and sometimes the guilt is hidden in our mind. Here are a few ways to tell if you are feeling guilty:

- ✔ When you think about something you did or didn't do, you feel horrible.
- ✔ You feel like you need to rationalize or justify your behavior, even when you weren't asked to.
- ✔ You argue and get defensive when anyone talks about the behavior or action.
- ✔ When you think about your behavior, it's painful.
- ✔ When you think about the behavior, you dislike yourself.
- ✔ Knowing that you feel guilty doesn't mean that you should actually be feeling guilty.

**Happiness requires release from guilt, not the surrender to it. In order to stop hiding out and rehashing about how terrible you are, stop being defensive and self-protective, and make amends to the ones that you've truly wronged, it's time to take action and claim emotional freedom.**

## **The Art of Emotional Composure**

**When the guilt consumes you – the answer to changing that mind-set is truly at your fingertips! Refer to the BASIC POWERTAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – turn the negative into a positive and take action!**

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