

How do I help someone who feels guilty?

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To help someone who feels guilty:

1. **Acknowledge their emotions:** Validate guilt feelings ("That weighs heavily on you...")
2. **Encourage sharing:** Ask open-ended questions about the guilt trigger ("What happened?")
3. **Explore underlying causes:** Discuss possible roots of guilt together ("Was there something beyond control?")
4. **Separate actions from self-worth:** Help distinguish guilt from self-value ("You are not defined by this mistake")
5. **Foster self-compassion:** Promote kindness towards themselves ("You'd want friends to forgive themselves, right?")
6. **Support problem-solving:** Collaborate on making amends or resolving issues ("What steps can be taken to improve this?")
7. **Remind of forgiveness:** Share that others (and themselves) can forgive ("Many people have been in similar situations and moved forward")
8. **Encourage self-care:** Suggest stress-reducing activities ("Take care of yourself during this challenging time")
9. **Help reframe guilt into lesson:** Transform guilt into valuable life experience ("What wisdom can be gained from this situation?")
10. **Remind guilt is temporary:** Assure them guilt will lessen with time, effort, and self-forgiveness