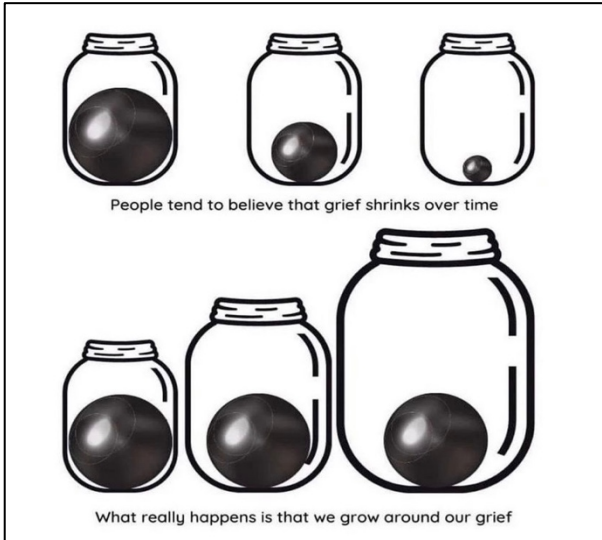


**November 6, 2021 Resources
Coping with Guilt and Regret**

1. **Coping with Guilt and Shame Workbook with Self-Exploration Activities:**
<https://www.readpbn.com/pdf/Coping-with-Guilt-and-Shame-Workbook-Sample-Pages.pdf>
2. **Understanding and Coping with Guilt and Regret:** <https://nbcgutah.com/wp-content/uploads/2017/09/GUILT.and .SHAME .pdf>
3. **Moving Forward: Six Steps to Forgiving Yourself:** <https://nbcgutah.com/wp-content/uploads/2017/09/GUILT.and .SHAME .pdf>
4. **Guilt and Regret After Bereavement:**
<https://www.transitionslifecare.org/2020/01/29/guilt-and-regret/>
5. **Poems About Regret, Remorse, and Sorrow:**
<https://www.familyfriendpoems.com/poems/sad/regret/>
6. **TEDTalk by Brene Brown- Listening to Shame:**
https://www.ted.com/talks/brene_brown_listening_to_shame?language=en#t-97
7. **When Breath Becomes Air by Paul Kalanithi:**
<https://www.penguinrandomhouse.com/books/258507/when-breath-becomes-air-by-paul-kalanithi/>
8. **TEDTalk by Kelley Lynn- When Someone You Love Dies, There is No Such Thing as Moving On:** <https://www.youtube.com/watch?v=kYWICGbbDGI>
9. **9 Small Ways to Let Go of Regret (Even When It's Hard):**
<https://www.self.com/story/let-go-of-regret>
10. **How to Deal with Feeling of Grief Mixed with Guilt and Regret:**
<https://www.joincake.com/blog/grief-and-guilt/>
11. **Regret & Loss: When Remorse Hinders Healing:**
<https://www.griefincommon.com/blog/grief-regret-when-remorse-hinders-healing/>
12. **Guilt vs. Regret in Grief:** <https://whatsyourgrief.com/guilt-vs-regret-in-grief/>
13. **Guilt and Grief: Coping with the Shoulda, Woulda, Couldas:**
<https://whatsyourgrief.com/guilt-and-grief-2/>

SETBACKS
ARE PART
OF THE
PROCESS

THERE'S NO TIME FRAME TO HEALING.
IT'S OKAY TO STILL BE UPSET ABOUT IT.

STOP SAYING SORRY FOR ...



- BEING BUSY AND OWNING YOUR TIME
- SETTING BOUNDARIES FOR YOURSELF
- NOT BEING PERFECT ALWAYS
- CRYING OR SHOWING EMOTIONS

grow
through
what
you go
through.

Do not feel guilty for

-  Resting and recuperating
-  Taking time to flourish
-  Valuing yourself
-  Opening up
-  Taking a step backwards
-  Messing up