

On the couch with Dr De-Stress



Dr Mariette Jansen

There are no winners in the game of guilt

Eva was a good person, considerate towards others, kind and helpful, but she didn't feel good about herself. She often felt that she was wrong and blamed herself for what was happening.

When her teenage son didn't arrive at school on time, because he didn't get out of bed on time, Eva felt a huge rush of guilt.

When her dog was limping she felt really bad about it, thinking that if she hadn't gone for that long walk last week he might be fine now. Guilt was kicking in.

Eva's friend has problems in her marriage. Eva supports her, listens, gives advice and feels for her. But she also feels guilty about having a lovely husband herself.

Guilt is a low vibrational emotion and will drag you down.

What to do when you feel guilty?

1. Is this a familiar scenario to you? You make yourself responsible for situations others face and

then blame yourself for the outcome. If you were not responsible for the outcome you are not to blame.

2. The emotion of guilt is healthy when it is about something you did wrong. It is an alarm button and will encourage you to make it better again. However, Eva hasn't done anything wrong. When she feels guilty, she needs to evaluate the situation: 'Did I do something wrong?' If she didn't, then that's a sign for her to let go of the guilt.

3. Being susceptible to guilt is often rooted in ideas that you grew up with, ideas such as 'If you really love me, you wouldn't be naughty' to a child. 'You should always put others first', 'A good parent controls their child', and more. Eva discovered that she was made to believe that a good person should aim to make others happy. She didn't realise that this is possible only if she is in control of the situation. If she can't influence the situation or behaviour, there is no reason to feel guilty. ■

Guilt is an emotion that most women know all too well. If you want to receive my ebook on guilt-free living, just text your email address and 'darling' to 07967 717 131.



Dr Mariette Jansen, **Dr De-Stress** is a life coach, meditation teacher, EFT therapist, award winning blogger and expert in helping women to understand how they get in the way of their own happiness and how to make changes for the better.