**Guilt and Shame Daily Reflection Worksheet**

**Objective:**  
This worksheet is designed to help individuals track and process feelings of guilt and shame on a daily basis. By reflecting on these emotions each day, individuals can identify patterns, triggers, and progress toward healing. This worksheet will guide you to acknowledge your feelings, practice self-compassion, and find strategies for moving forward in a healthy way.

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**1. What Guilt or Shame Did You Experience Today?**

Describe any moments today where you felt guilty or ashamed. Reflect on what triggered these emotions.

**2. How Did You Physically Feel When Experiencing Guilt or Shame?**

Note any physical sensations that arose when you experienced guilt or shame. Did you feel tension, tightness, or discomfort? How did your body react?

**3. What Thoughts or Beliefs Did You Have About Yourself?**

What were the thoughts that accompanied your feelings of guilt or shame? Did you have thoughts like, "I’m not good enough," "I’m a failure," or "I don’t deserve love or respect"?

**4. How Did You Respond to These Emotions?**

What was your immediate reaction to guilt or shame? Did you withdraw, overcompensate, or try to ignore it? Did you try to fix the situation or avoid it?

**5. How Can You Reframe This Experience in a Compassionate Way?**

Think about how you can reframe the situation. Instead of focusing on self-blame or judgment, how can you view it with self-compassion? What lessons can you learn from the experience?

**6. What Can You Do to Make Amends or Move Forward?**

If your guilt is tied to an action you can repair (e.g., apologizing, taking responsibility), how can you make amends? If your shame is based on past mistakes, how can you release that shame and move forward?

**7. What Affirmations Can You Use Today to Overcome Guilt or Shame?**

Write down a positive affirmation to counter the guilt or shame you experienced. For example, “I am worthy of forgiveness,” or “I am learning, and mistakes are part of my growth.”

**8. How Did You Take Care of Yourself Today?**

Reflect on the self-care practices you used today. Did you give yourself time to relax, engage in positive activities, or practice self-compassion? How did these practices help you manage your emotions?

**9. How Do You Feel Now?**

After completing this reflection, how do you feel about your guilt or shame? Do you feel lighter, more compassionate, or more at peace?

**10. What’s One Action You Can Take Tomorrow to Continue Healing?**

What is one small, actionable step you can take tomorrow to continue addressing guilt or shame? Whether it's practicing self-compassion, speaking kindly to yourself, or addressing an issue that triggered guilt, choose one step to take tomorrow.