

Tool 5.2: Recognize invitations to guilt and self-blame

Date:

Invitations to guilt and self-blame can come from your loved one, yourself, and others. Take a few moments to reflect on invitations you've received.

When have you been invited to guilt and self-blame?

How much has guilt or self-blame influenced your relationship?

If you let go of guilt and self-blame, what would change?

What would help you to let go?