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Peer Group Chat

Date: 17/08/23

Title: Getting to Grips with Guilt

Description: Sometimes guilt can be helpful, and other times not so much. Navigating when it is and when it is not can be tough. Join us to talk about the different experiences we might have with guilt, when it's helpful versus when it may not be, and how to constructively harness guilt.

TideisTurnin g (PSW)	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Getting to Grips with Guilt.
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TideisTurnin g (PSW)	<p>Tonight, Peer Support Workers @TideisTurning and @amber22 will be facilitating a discussion around the topic of Getting to Grips with Guilt. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, guilt is a normal human emotion. Experienced by almost anyone at some stage. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about struggles with experiences of guilt. @Riverseal who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @Riverseal We're looking forward to creating a space where we can reflect and learn more together about Getting to Grips with Guilt.</p>
TideisTurnin g (PSW)	<p>Within this group tonight we'll be talking about: Experiences of guilt and where these might come from. Helpful versus unhelpful guilt. Expressing and dealing with guilt.</p>
Amber22 (PSW)	<p>Welcome! @Catz28 .:)</p>
Catz28	<p>Evening everyone</p>
TideisTurnin g (PSW)	<p>Q1: What experiences might lead to feelings of guilt? Where might guilt have come from?</p>
RiverSeal (Mod/PSW)	<p>Hey @Catz28. Welcome!</p>

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Amber22 (PSW)	Guilt might come from experiences where you feel bad about something that has happened, or something that may have upset others or hurt people, especially when you didn't mean to. I often find that when I experience guilt, it is unintentional, or its a result of me setting a boundary towards someone. I am highly empathetic so this might also impact how I experience feelings of guilt.
Amber22 (PSW)	Welcome! @Mmmmm and @Blackbird 11.:)
Amber22 (PSW)	Welcome! @Glisten :) .
Glisten	@Amber22 (PSW) .
RiverSeal (Mod/PSW)	Welcome @Glisten .& @Blackbird 11 .:)
Blackbird 11	Hi everyone .
Catz28	I find myself feeling guilty when I have said something that has unintentionally hurt the other person
Amber22 (PSW)	I get that, I feel that too sometimes, especially when it comes to setting boundaries with others @Catz28 .
Glisten	I feel guilty because I am a burden to my family .

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Amber22 (PSW)	Welcome! @ch45 .
Amber22 (PSW)	Aw sending you lots of hugs, I am sure that you're not, but very valid to be feeling the way you do @Glisten .
Blackbird 11	Toxic religion has controlled my life and unrealistic expectations from others.
RiverSeal (Mod/PSW)	Sometimes I feel guilt when I am myself and I don't feel like I should have been in situations
TideisTurnin g (PSW)	Q2: What are some of the narratives that you have equated with guilt within your life experiences that still hold a firm place? .
ch45	Q2: should, should, should. . Should have done this, should have done that, should not be so weak...
Glisten	.I need an example. I don't understand the question. .
Amber22 (PSW)	That's really good, 'should' is a really difficult one @ch45 .And everyone seems to think you 'should' have done something differently as well!
RiverSeal (Mod/PSW)	"You wouldn't do that would you?"

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Amber22 (PSW)	A narrative that I have equated with guilt is that you should always consider others before yourself, to avoid feeling guilty. As I have gotten older I realise that is not the case in most circumstances and I should rather focus on myself and what will make me feel better, but when I was younger I was always told to worry about others before myself, so I felt guilty a LOT more
Catz28	. .I recently made comment about action a friend takes. Another friend chastised me telling me I was wrong. .Felt guilty for saying the first comment
Amber22 (PSW)	That is tough. I hope they were able to see where you were coming from even a little bit @Catz28 .
RiverSeal (Mod/PSW)	Talking to friends about other friends and vice versa .
Blackbird 11	Don't think just do Condemned if step outside religious doctrines .
Amber22 (PSW)	Those are good ones @Blackbird 11 .
TideisTurnin g (PSW)	Q3: What function might guilt have? .
Blackbird 11	If you're having fun, you're not working hard enough
ch45	I suppose guilt can make you consider others?

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RiverSeal (Mod/PSW)	To reflect on our actions for better or worse .
Amber22 (PSW)	Guilt might show me what I really care about and what I need to delve into a little bit inside myself, often my guilt shows a wound that I might need to bring up with a trusted person or a therapist as to why I'm actually feeling bad for something I said (if there isn't any particular reason to be).
Amber22 (PSW)	That's a great one, . it can highlight how you really feel about how you treat others too @ch45 .
Blackbird 11	Guilt can be looked at through the filters of regret and remorse
Amber22 (PSW)	Yes definitely! @Blackbird 11 .
Catz28	.Consider how words can impact on other people .
Glisten	Guilt shows me, my mistakes. so, so very many mistakes .
Amber22 (PSW)	It's okay to highlight our mistakes sometimes @Glisten .Especially when we learn from them and grow as people
Amber22 (PSW)	Everybody makes mistakes sometimes
Blackbird 11	Yes mistakes make good lessons .

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Amber22 (PSW)	Welcome! @Snowie .:)
Snowie	Sorry I'm late!
Amber22 (PSW)	Not at all! You're here now :) @Snowie .
RiverSeal (Mod/PSW)	Hi @Snowie .
TideisTurnin g (PSW)	Q4: Guilt can sometimes be an emotion that is often a scaffolding to underlying feelings. What does guilt teach us? .
Amber22 (PSW)	Guilt might teach us what we need to work on within ourselves in terms of what we really care about, or possibly past narratives that might not be true that we have learnt in the past. For example; maybe we might need to learn how to be okay with letting others down, or communicating our needs with others in a way where we don't feel like we are hurting others by voicing what we feel etc.
Snowie	I think guilt teaches you that you can have empathy towards others and yourself. I think it teaches us that we all experience guilt in our lives and in different ways. .
Amber22 (PSW)	Empathy is a great one @Snowie ., when I feel guilt it definitely makes me realise that I am a very empathetic person to others
Blackbird 11	Guilt can make you think through decisions better. .

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Catz28	There are areas where can improve in
ch45	Never thought of guilt as a revealer....thanks for raising this
Glisten	I need a crystal ball.
RiverSeal (Mod/PSW)	Sometimes I think I'm to self conscious about myself .
Amber22 (PSW)	Guilt can show us a lot of things about ourselves! @ch45 .
Amber22 (PSW)	Yes and things that you can learn to do differently so they don't happen again next time @Catz28 .
TideisTurnin g (PSW)	Q5: Guilt may not always be useful. When might guilt not be as helpful for us? .
Blackbird 11	Over catastrophising something and making it turn into paranoia .
Amber22 (PSW)	Guilt is not super useful when I ruminate on it, and I dwell on what has happened. I feel like it is healthy to think about what has happened and what's impacted me and how I feel, but if I dwell on it too much then it isn't as helpful at all
Snowie	I think guilt is not helpful when we have feelings of shame and have negative self-judgments. We also believe that we are not a good person and everything is our own fault. .

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Snowie	I agree @Amber22 (PSW) .I ruminate on a lot of things
RiverSeal (Mod/PSW)	When it keeps you up at night and you don't sleep
Amber22 (PSW)	Ah yes, feelings of shame can creep in too and that isn't helpful either when we are speaking negatively about ourselves @Snowie I get that!
Catz28	Concentrating and overthinking about things that have already happened and blaming oneself for the error/s
ch45	.@RiverSeal (Mod/PSW) .yeah, add pain in the stomach/chest, and not super useful
Amber22 (PSW)	Yes! You can't change the past, so it's often not super helpful to dwell on what's already happened in an unhealthy manner @Catz28 .
RiverSeal (Mod/PSW)	Yeah @ch45 that is not good when you have all that to deal with
Glisten	Like today. .I haven't had enough sleep. All I can think of is all my mistakes. Huge life changing mistakes
Amber22 (PSW)	Sending you virtual hugs, you've made it here tonight and that's such a good step @Glisten .I hope your conference went okay (I also hope I am remembering correctly!) .
TideisTurnin g (PSW)	Q6: What are the benefits of processing guilt and expressing it in a healthy manner? .

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Amber22 (PSW)	Being able to get over what we are feeling guilt of, and being able to grow from it and possibly handle things better in the future if we are in similar situations
Glisten	.@Amber22 (PSW) . I am IMPRESSED! You must do good note keeping
Amber22 (PSW)	Yay!! :) .@Glisten .
RiverSeal (Mod/PSW)	Learning and growing as a person
ch45	.@TideisTurning (PSW) .How DO you process it/them? All I've got so far is the guilt(s)
RiverSeal (Mod/PSW)	Have you ever hear of Gibbs Reflective Cycle @ @ch45 .?
ch45	Sorry, no, but will look it up after this chat, thx
Amber22 (PSW)	It's a really good thing to research :) @ch45 .
ch45	I started with a psych, but the insurance went funny. Then some counselling, but counsellor left....now self treating
Catz28	. .Once able to deal with reason/s for the guilt, become more settled and happier within oneself?

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Amber22 (PSW)	That's a really great way to look at it @Catz28 .
Blackbird 11	Learning to make better decisions and be a person of growth mindset
RiverSeal (Mod/PSW)	.@ch45 .Have you ever used the Support Line here at SANE to speak with a Counsellor?
TideisTurnin g (PSW)	Q7: How might we be able to deal with feelings of guilt constructively when they arise?
Amber22 (PSW)	Noticing when they come about and why they do, I also find that journalling about how I feel and recognising what I can control to help myself feel a bit better (e.g. reaching out to the person I may have hurt etc).
Blackbird 11	Use it as a source of an indication that you care about what's going on .
Snowie	.@Amber22 (PSW) .I find journalling really helpful too
Snowie	I think we firstly need to acknowledge them and tell ourselves that it is normal to have feelings of guilt at times. .
RiverSeal (Mod/PSW)	Talk about them in discussions with other people or on the Forums .
Amber22 (PSW)	Definitely, it is very normal to feel feelings of guilt @Snowie .

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Catz28	Reach out to trusted people to discuss plus for support. For me, sharing plus neutral input from another person helps me process things
TideisTurnin g (PSW)	<p>Before we start to wrap up this evening, we wanted to share some further resources we recommend having a look at: .</p> <p>1 Shame vs Guilt: https://brenebrown.com/articles/2013/01/15/shame-v-guilt/</p> <p>2 Headspace How to live without Regret and Guilt: https://www.youtube.com/watch?v=woio0Fayza4</p> <p>3 Difference between healthy and unhealthy guilt: https://www.psychologytoday.com/au/blog/between-the-generations/202305/whats-the-difference-between-healthy-and-unhealthy-guilt .</p>
Snowie	Thanks @TideisTurning (PSW) .I love listening to Brene Brown. She does really good videos
ch45	Thanks for another week's chat
TideisTurnin g (PSW)	Me too @Snowie :) Brene is awesome!
Amber22 (PSW)	Thanks for coming along! @ch45 .
RiverSeal (Mod/PSW)	Thanks for a great chat tonight everyone

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Glisten	Thank you @TideisTurning (PSW) . and @Amber22 (PSW) . I need sleep .
TideisTurning (PSW)	Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn? .
ch45	Gibbs Reflective Cycle
Snowie	I learnt we all experience guilt in our lives and it is normal to feel this way at times. It doesn't mean that we are broken. But we need to be able to deal with guilt in healthy ways.
Snowie	I have to go, but thanks for the chat tonight.
Amber22 (PSW)	Thanks for joining us tonight! @Snowie .
RiverSeal (Mod/PSW)	That there are many ways to learn to cope an talking with others provides you with an opportunity to learn
Catz28	Differences with helpful and non helpful guilt. That there is nothing wrong with feeling guilty at times
TideisTurning (PSW)	Q: Tonight's topic may have brought up some heavy feelings as we talked about struggles with experiences of guilt.. Would some self-care be helpful for you after we finish? If so, what might you do?

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Amber22 (PSW)	I am going to have a nice cup of tea 😊
Blackbird 11	Reach out to a friend and a cup of milo
Blackbird 11	Good night and thank you!
Catz28	. .Cuddle time on the couch with the cats .:)
TideisTurnin g (PSW)	Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here .Keep an eye out for the next Peer Group Chat discussion about Imposter Syndrome . If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here https://www.sane.org/peer-support/peer-group-chat
Amber22 (PSW)	Thank you for joining everyone! Have a lovely night 😊
Catz28	Night everyone and thanks
Amber22 (PSW)	We are going to be closing the room now :) Thanks for joining everyone!

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