## **My List of Guilts**

Take a moment to list all of your guilts without thinking too much. Just keep writing "I feel guilty about..." and then fill in the blank with whatever comes into your awareness. As you write the list, interchange the word "guilt" with such words such as "remorse", "ashamed" or "embarrased". It doesn't matter how big or small the guilt is, whether it is recent or from early childhood or whether it seems reasonable or not, just keep your pen writing until you can exhaust your list...