

# Overcoming Shame and Guilt



## Practicing Compassion

Practicing compassion counters toxic shame by replacing self-blame with empathy. It promotes healing and self-acceptance, helping you see mistakes as part of growth and fostering resilience instead of judgment. Compassion nurtures personal growth and emotional well-being.

## Forgive Yourself

To stop feeling guilty, practice self-compassion by acknowledging mistakes without harsh judgment. Focus on learning from experiences, and shift your mindset toward growth. Let go of perfectionism, and embrace forgiveness as a path to emotional well-being.



## Make Amends

Making amends involves taking responsibility for your actions, offering sincere apologies, and committing to positive change. It's a step toward healing guilt, fostering self-growth, and repairing relationships by addressing mistakes with accountability and genuine effort.



## Seek Professional Help

At Anchored Tides Recovery, we believe healing starts with self-compassion. Let go of guilt by embracing growth, not perfection. Acknowledge mistakes, learn from them, and practice forgiveness to foster emotional well-being and lasting recovery.



## Acknowledge Shame

Acknowledging shame is the first step toward healing. By facing it with self-compassion, you break its hold and begin to heal. Embrace vulnerability and focus on growth to transform shame into personal strength and resilience.



## Practice Mindfulness

Practicing mindfulness helps you stay present, easing shame and guilt by grounding you in the moment. At Anchored Tides Recovery, mindfulness fosters self-awareness, allowing you to process emotions with compassion and embrace healing and growth.



# Overcoming Guilt

**RM Cervero**



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