

GUILT & SHAME PROCESSING

Broken Halo Edition

Guilt tells you what you did. Shame tells you who you think you are.

This worksheet is for slowing the spiral down before your brain turns one mistake into a whole identity.

1. What am I experiencing right now?

Check what fits:

☐ Guilt

☐ Regret

☐ Fear

☐ Sadness

☐ Urge to use

☐ Other: _____

☐ Shame

☐ Embarrassment

☐ Anger

☐ Urge to isolate

☐ Urge to self-destruct

What does it feel like in my body?

2. What happened?

Write the facts only. No story. No courtroom drama. No self-destruction speech.

What actually happened?

3. What story did I attach to it?

This is where shame usually sneaks in.

Because this happened, I am telling myself:

*Examples: "I always ruin everything." "I am a bad person." "I do not deserve to be trusted."
"I will never change." "This proves I am still the same."*

4. What are the actual facts?

Separate the evidence from the emotional damage report.

What do I know is true?

What am I assuming?

What am I exaggerating?

5. What was outside my control?

Not to make excuses. To stop carrying things that are not fully yours.

What factors were outside my control?

What was influenced by stress, fear, trauma, addiction, survival mode, or old patterns?

6. What was inside my control?

This is where accountability lives.

What choices did I make?

What part belongs to me?

What do I need to own without destroying myself?

7. What did I do to survive?

Sometimes the thing you hate about yourself started as protection.

What was I trying to protect, avoid, numb, prove, escape, or survive?

What need was underneath the behavior?

8. What would I tell someone I care about?

If someone I loved brought me this exact situation, I would tell them:

Now say that to yourself without rolling your eyes like a professional emotional avoider.

What do I need to hear right now?

9. Accountability without identity collapse

What repair is needed?

- | | |
|---|--|
| ☐ Apologize | ☐ Tell the truth |
| ☐ Set a boundary | ☐ Make amends |
| ☐ Ask for help | ☐ Take space |
| ☐ Change a pattern | ☐ Go to a meeting |
| ☐ Contact support | ☐ Pray |
| ☐ Journal | ☐ Other: _____ |

One action I can take in the next 24 hours:

10. The clean truth

Complete these:

I did _____

That does not mean I am _____

What I can do next is _____

The person I am becoming is _____

Final Reminder

You are allowed to be accountable without turning yourself into a life sentence.

Guilt can guide repair. Shame just tries to bury the body.

This tool is for educational and self-reflection purposes and is not a substitute for medical or clinical treatment.