

References

<https://www.blueprintsforrecovery.com/blog/2014/june/tips-for-coping-with-guilt-and-shame-in-recovery/>

<https://reflectionsrehab.com/blog/guilt-shame-self-blame-addiction-recovery/>

<https://reflectionsrehab.com/blog/working-through-self-guilt-and-shame-during-recovery-from-addiction/>

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The Recovery Topic is Guilt and Shame

Many addicts start feeling more and more guilty as they reach the late stages of recovery. As mental clarity returns, the reality of the mistakes you've made become clear. Knowing all the struggles your family and friends went through to get you into treatment can cause addicts to feel a lot of shame. They don't want you to feel shame; they want to feel better. The following are some tips for avoiding crippling shame during recovery.

First thoughts?

What is the difference between guilt and shame?

Guilt is an internal emotion. It's the general unpleasantness that you feel when you believe you have done something wrong, regardless of other circumstances. Shame is what you feel when people notice what you're doing, decide it's wrong — or just stupid — and look down on you. While guilt is associated with morality, shame is not.

What was it like handling negative emotion early in program?

Why is it important to “feel the feelings?”

What guilt and shame did you come into program with?

Did you share these things at meetings?

What part of the program helped?

Were other people ashamed of your behavior before program?

How did you know?

How did you cope with this early in program?

How did you forgive yourself?

How can empathy help you forgive yourself?

Talk about service work here...

Have you ever been ashamed of yourself since program?

What character defect was in play that lead to this behavior?

How did you handle it?

How do you change your actions?

Guilt is an emotion that can be helpful or it can be toxic.

How can you tell the difference?

How can steps 8 and 9 help?

How can prayer help?

How can the fellowship help?

How can service work help?

What would you say to the new person about Guilt and Shame?

We have calls

Chris

Mike from FLA

Jade