



The Love, Courage & Achievement Project
“Rekindling the Human Spirit ... Transforming Dreams Into Reality”

LCA Tool: A Guilt-Free Life

Purpose: To understand, identify and release the guilt that inhibits our good.

Keys to Success: It is important to know the distinction between guilt and shame. Guilt is judgment against self for something you did. Shame is judgment against self for who you are. (We heal shame by healing Core Issues). This tool assumes the issue is guilt for something you did that harmed another person.

Fundamentally, guilt is resentment turned inward and the remedy is forgiveness. If you notice a hurt come up in this process, be willing to feel it fully; let it come and go just like a child.

Steps:

- 1. Notice that you have a guilt.** Red flags include low self esteem, harsh judgment against yourself and others, difficulty accepting acknowledgment from others, a tendency to self sabotage or inflict self punishment.
- 2. Inwardly, ask for the presence and assistance of Spirit.**
- 3. What kind of guilt do you have; healthy or unhealthy?** A healthy guilt occurs when you have done something contrary to your own integrity. It is the voice of your conscience letting you know that you were out of line and that you may need to take some action to remedy the situation. An unhealthy guilt has the quality of persistence; it persists over time. To heal a healthy guilt, simply take the action your conscience is demanding. However, if your guilt persists, you may want to continue.
- 4. There are 3 types of unhealthy guilt. Determine which type of guilt you are facing.**

Type 1: **At the time, you didn't know better.** If you could take today's wisdom back in time, you would handle things much differently. Because of your mistake, you learned some important life lessons.

Type 2: **At the time, you did know better, but you went ahead and did it anyway.** If you could take today's wisdom back in time, you would handle things much differently. Because of your mistake, you learned some important life lessons.

Type 3: **You made a mistake that put you in a painful, no-win situation.** If you could take today's wisdom back in time, you would make the same difficult decision. Because of your mistake, you learned some important life lessons.



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5. **Notice where the guilt lives.** Does it live in you or the other person? If you have a guilt, that guilt may or may not live in another, but it always lives in you.
6. **What has hanging on to your guilt cost you?** Examples include sleepless nights, constructive focus, physical pain, money and property, other relationships, your integrity and dignity, self esteem, peace, love, and joy.
7. **Would you like to be free of the guilt?** If the answer is “yes,” please proceed.
8. **Are you willing to be free of the guilt?** Being willing to be free your guilt has a price. Being willing to be free of your guilt means giving up your right to think or speak negatively about yourself...forever. (You might notice that thinking or speaking negatively about yourself has not changed you for the better and has been less than effective in healing the guilt.) If your answer to this question is no, that is OK. However, the consequence is that you get to keep the guilt and everything that goes with it. If your answer is no, quit here until you can create the willingness. If your answer is yes, then proceed.
9. **Tell the absolute truth about what you did that hurt someone or something else.** Until you tell the absolute truth without defending yourself, guilt remains hidden like a harbored criminal, sabotaging our good. Exactly, what did you do and who did you hurt?
10. **Now, consider the possibility that every human being has a way of seeing life.** This is their reality. And just as our body is similar to the hardware of a computer, this reality is like our operating software. A human being cannot function without a reality, anymore than a computer can function without an operating system. Do you see that you have to have a reality in order to function and that you have no choice in this matter?
11. **Consider the possibility that you take action from your reality, functional or not.** In other words, the wisdom of your action is limited by the quality of your reality and again, you have no choice in this matter. When you were five years old, you had the reality of a five year old, and you behaved accordingly. Ten years from now, you will have a somewhat different reality, but that does you no good today. In other words, you behave 100% congruently with the reality you have in the moment, and you can only select from the choices available to you in your own immediate paradigm. Do you see that this is true about you?



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12. **Now recall the 3 types of unhealthy guilt.** Which type of guilt do you have? For each type of guilt there is a way to heal.

Type 1: **At the time, you didn’t know better.** Do you see that you did what you did, from a very limited reality? If you could take today’s wisdom back in time, wouldn’t you handle things much differently?

Do you see that, given your limited way of seeing things in that moment, that you couldn’t have done things differently? There’s no way you could have been wiser than you were.

Do you see that you did the best you could with what you had, and what you had was limited? Do you see that from time to time, humans mess things up? Are you willing to forgive yourself for making a mistake? Are you willing to forgive yourself for being human?

Type 2: **At the time, you did know better, but you went ahead and did it anyway.** Do you see that you did what you did, from a very limited reality? And even though you had the thought, “I shouldn’t do this.” You did not realize the consequences enough for you to change your actions.

If you could take today’s wisdom back in time, wouldn’t you handle things much differently? Do you see that, given your limited way of seeing things in that moment, that you couldn’t have done things differently? There’s no way you could have been wiser than you were.

Do you see that you did the best you could with what you had, and what you had was limited? Do you see that from time to time, humans mess things up? Are you willing to forgive yourself for making a mistake? Are you willing to forgive yourself for being human?

Type 3: **You made a mistake that put you in a no-win situation.** If you could take today’s wisdom back in time, you would make the same difficult decision.

Do you see that you did what you did from a limited reality? Because of your limited reality, you put yourself in a very difficult position. Do you see that, given your limited way of seeing things in that moment, that you couldn’t have done things differently? There’s no way you could have been wiser than you were.



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13. Are you willing to forgive yourself for getting yourself between a rock and a hard spot? Do you see that you did the best you could with what you had, and what you had was limited? Do you see that from time to time, humans mess things up? Are you willing to forgive yourself for being human?
14. **Do you now forgive yourself?** How does that feel?
15. **Is there anything you need to communicate to the other person (i.e. taking responsibility and asking for forgiveness) or other action you need to take to clean up the situation?** If so, what do you need to do, by when will you do it and to whom will you be accountable?
16. **Inwardly, give thanks for a prayer that has been answered.**

How will your ability to live free of guilt, help you to live in the Light?

What is a specific area of your life where you can put this tool to work?

What will be the benefits to you and the people you influence, as you master this tool over time?

Grief is the agony of an instant, the indulgence of grief the blunder of life.
– Benjamin Disraeli

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