Overcoming Emotional Barriers

Activity – Guilt Reframing Exercise

❤️ **Objective:**

Reframe guilt around saying no by developing compassionate self-talk.

Instructions:

1. **Recall a Recent Moment:**
   - Think of a recent time when you said **no** and felt guilty afterward.
2. **Identify Negative Thoughts:**
   - Write down the thoughts that crossed your mind (e.g., "I should have helped" or "I'm being selfish").
3. **Reframe with Compassion:**
   - Rewrite each thought in a kinder, more supportive way.
   - Use phrases like:
     - "It's okay to prioritize my well-being."
     - "Resting allows me to give my best later."
     - "I deserve to set limits."
4. **Repeat & Reinforce:**
   - Each time guilt arises, return to your reframed phrases.

Example Reframing:

Situation: Declined staying late at work.

- **Negative Thought:** "I let my team down."
- **Reframed Thought:** "I'm allowed to have a life outside of work, and it doesn't diminish my commitment."

Situation	Guilt Thought	Compassionate Reframe

Reflection Questions:

- **Did the reframed thought feel genuine and reassuring?**
- **How does it feel to replace guilt with self-compassion?**
- **What situations trigger guilt most frequently for you?**

🎯 Goal:

Reduce guilt by reinforcing compassionate self-talk and recognizing that setting boundaries is an act of self-care.