

flow



Did you know that there's a big difference between guilt and shame?

Guilt is actually not a "bad" thing. It's your internal check and balance system, alerting you when you've done something wrong so you can work to fix it or be aware for next time.



That's when
GUILTY
transforms into

SHAME

!!!



It's dwelling on that guilt that makes it grow



into something more.

Shame trickles into your brain and becomes a value statement about you.



It is no longer "I did something bad, I messed up" and it becomes "I am bad, I am messed up."

It can cause you to spiral, making
huge value statements about
yourself.

I am
a not a
good person

Shame is the voice of your inner critic, latching onto your very human mistakes and making you "pay" for them. Making you feel small.



Guilt points out hard truths, but
shame is a liar.



Don't let it color the reality of
who you are.