

Challenge Unnecessary Guilt. Answer the following questions and think carefully about how these beliefs may influence your feelings. How do such self-punishing thoughts add to your survivor guilt rather than help you survive your guilt? For each thought that unnecessarily adds to your guilt, write down a way to challenge it. Think of a more realistic thought that allows you to be fair to yourself. You could look at the last activity in the Personal Thoughts section for some ideas about how to challenge your thoughts.

1. Based on your answers in the Responsibility Assessment module of this activity, do you sometimes take too much responsibility for the things you feel guilty about?

Challenge: _____

2. Do you blame yourself for actions, thoughts, or feelings that many people would have considered reasonable under the same circumstances?

Challenge: _____

3. Do you blame yourself for thoughts or feelings that you had at the time even though you did not act on them?

Challenge: _____

4. Do you blame yourself for things that you are not sure you could have prevented?

Challenge: _____

5. Do you forget to give yourself credit for things you did that may have prevented other problems at the time?

Challenge: _____

6. Do you blame yourself for something you could not have changed without knowing more than you knew at the time?

Challenge: _____

7. Do you blame yourself for things even though you may still not know exactly what happened or why it happened as it did?

Challenge: _____

8. Do you blame yourself for not acting perfectly in the situation?

Challenge: _____

9. If you had been injured or killed at the time, would that really have prevented what happened? Could it have allowed worse things to happen?

Challenge: _____

10. Do you have any other unrealistic thoughts about what happened that you believe may contribute to your feelings of guilt?

Challenge: _____
