



F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



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[Journaling Questions and Exercises for Lesson 18](#)

Guilt toward yourself & in your relationships!

Guilt is the most important indicator to look at to see if you are living in alignment with the truth of your essence or you are putting your energy toward some aspect of yourself that is false. Guilt often shows up when you hear yourself saying the word "should." Let any sign of guilt be the signal to you to reflect on what you are buying into about yourself that needs adjusting!

[Journaling Questions Regarding Guilt & Your Sense of Self](#)

1. What does your identity encompass to you? (List all). Of those, which have a component that may still be attached to false messages regarding how you should be?
2. In what ways would your essence have you more fully identify yourself with your truth?
3. Are there certain situations or people that trigger something that sways you from your truth? (Be as specific as possible).
4. What type of tone do you have toward yourself when you feel guilty? Is there room for greater love and/or compassion?
5. In what ways do you see yourself as good from your essence rather than based on what you do?

Journaling Questions Regarding Relationships

1. Name the “shoulds” you have in terms of your relationships as a:
 - A) Daughter or Son
 - B) Spouse/Intimate Partner
 - C) Friend
 - D) Parent
2. Which of those shoulds no longer is in alignment with your essence?
3. How would following the guidance of your essence change your relationship for the better?
4. What is your fear in regard to your identity if you did follow the guidance of your essence?
5. Do you find that you tend to have guilt feelings in any particular relationship? What would your essence like to have changed in that relationship that you can take ownership of to do?
6. How may your guilt be present in order to open up the potential for a shift to occur that is in more alignment with your ideal? Describe.

Exercises:

1. Identify a time when guilt comes into play in regard to personal habits. (ie...Watching too much tv, overindulging in food or alcohol etc..) Identify or create 3 alternative habits that are in greater alignment with your essence. Name why

this is an important shift to make from the standpoint of your essence and go as deep as possible as to the many ways it will/could impact your life.

2. When guilt comes up in regard to a relationship, take some time to step back. See if you can see yourself playing a role, like a character in a movie. Have your essence describe what that role entails. Why has the character liked the role? In what way has playing the role served the character? In what ways has playing that role become tiring or boring? Determine how the character can change her role without worrying about the roles that other characters play. What would that look like without the story of fear attached to it?

3. Shifting from Ego Voice to Love:

Write out what it is that you feel guilty about.

Make 2 columns. The first column label ego and the second column label love. Under the ego column list all the shoulds that your ego is telling you about the situation. Under the love column, list what the messages of your essence regarding the situation and give proof to those that describe your character. (ie if you ego tells you are a bad friend, spouse, parent etc... list on the love side why you are actually good with examples) Now look back to the ego list. What can be crossed out as not true?

See extra bonus video on how to do this exercise.

Please note, there are times when one of the messages under ego may not be crossed out. Determine with the voice of love what the compassionate message is that is wanting your attention without the need to "beat yourself up" over it and instead empowering yourself. You will find that even though there is something that can use your attention, it does not mean you have to buy into the other messages that the ego is sharing with you. Take action based on the list of love guiding you to make your life in even greater alignment with your truth!

This is the master's path to recognizing the gift in guilt. Be honoring of yourself as you look beyond the ego version to determine the message of love that is waiting for you to claim!

I look forward to sharing more with you next week!

Michelle