

How Can You Cope With Feeling Guilty?



1

Acknowledge
And Accept
The Guilt

2

Take
Responsibility

3

Practice
Self-Compa
ssion

4

Learn From
The
Experience

5

Seek
Forgiveness

6

Engage In
Self-Care

7

Seek
Professional Help

Edgetv Feeling Guilty 16

Lingjun Ying



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