

OVERCOMING GUILT



"Maintaining a sense of conscience is essential to being a healthy living person"

CONSCIENCE

IS FORMED THROUGH



ALCOHOL IS GOOD
IN MODERATION,
JUST A GUILT IS GOOD
WHEN CHANNLED
APPROPRIATELY.



== But often it plays
over - and - over
and frustrates
those that listen.



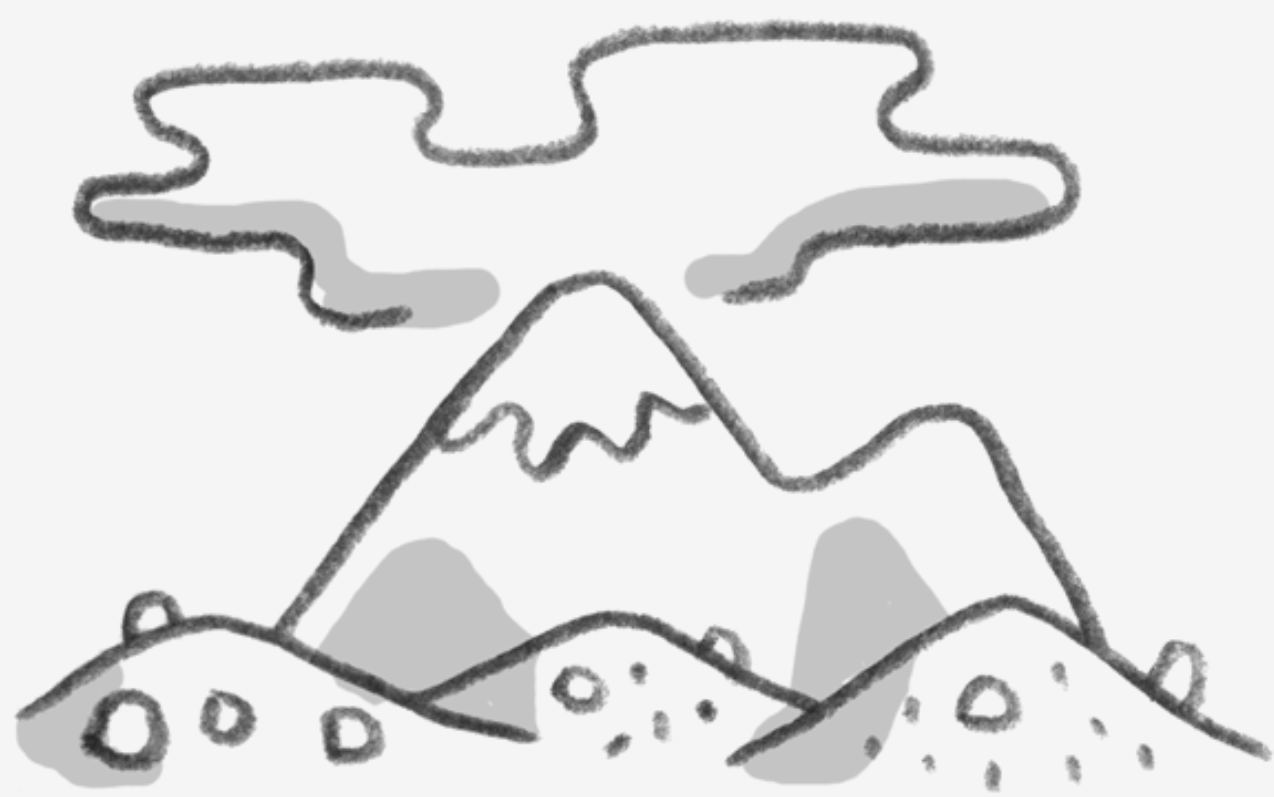
"This essential emotion [GUILT] drives us to engage in **PROSOCIAL** behavior."

Prosocial behavior

Prosocial behavior, or "voluntary behavior intended to benefit another", is a social behavior that "benefit[s] other people or society as a whole," "such as helping, sharing, donating, co-operating, and volunteering." [Wikipedia](#)

BUT

— Guilt as a weapon to control can be **TOXIC**



NATURAL

- Remorse over something that one did or failed to do.

GUILT MANIFESTS

- The core feeling of not being a good person



FREE-FLOATING
OR TOXIC

IN SEVERAL WAYS



EXISTENTIAL

- The uncomfortable feeling that is derived from the injustice that is observed in the world and one's indebted responsibility.