

EXPLORING GUILT

**An Enchanté
Inner-Active Book**

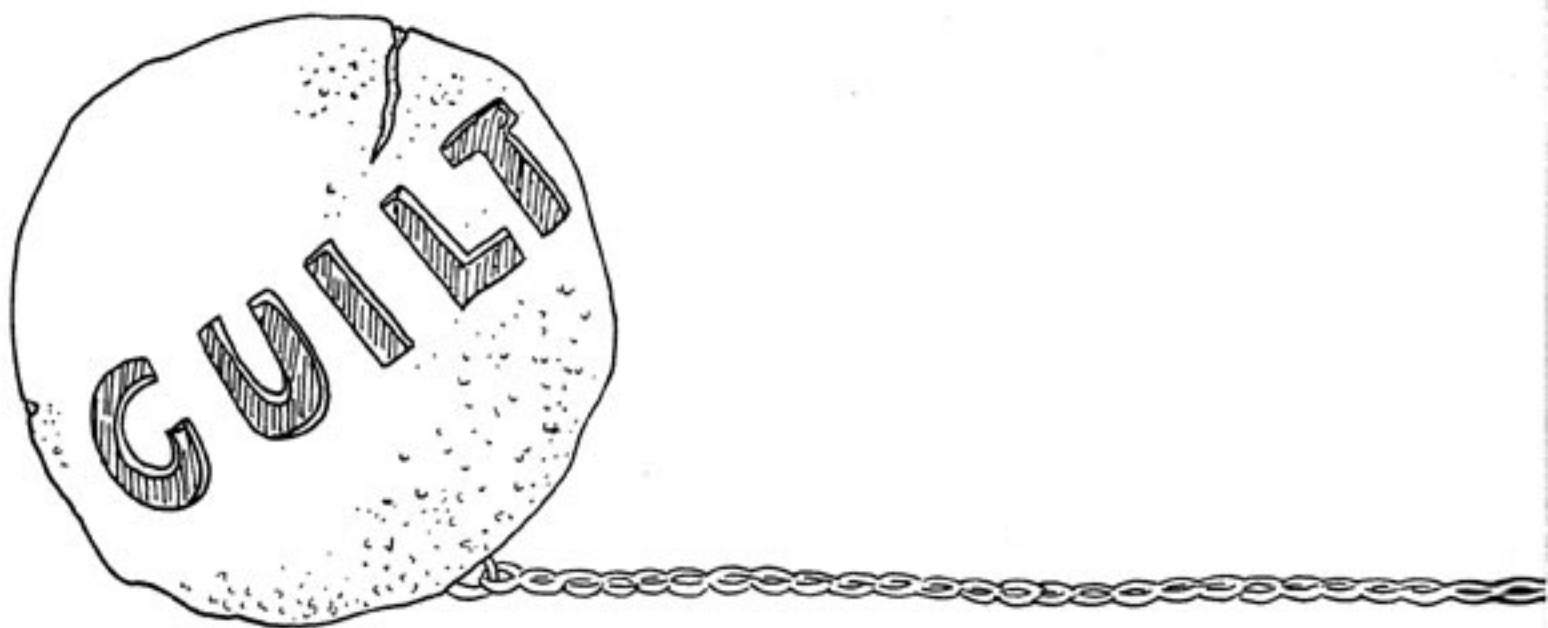


**Written by the Enchanted Family
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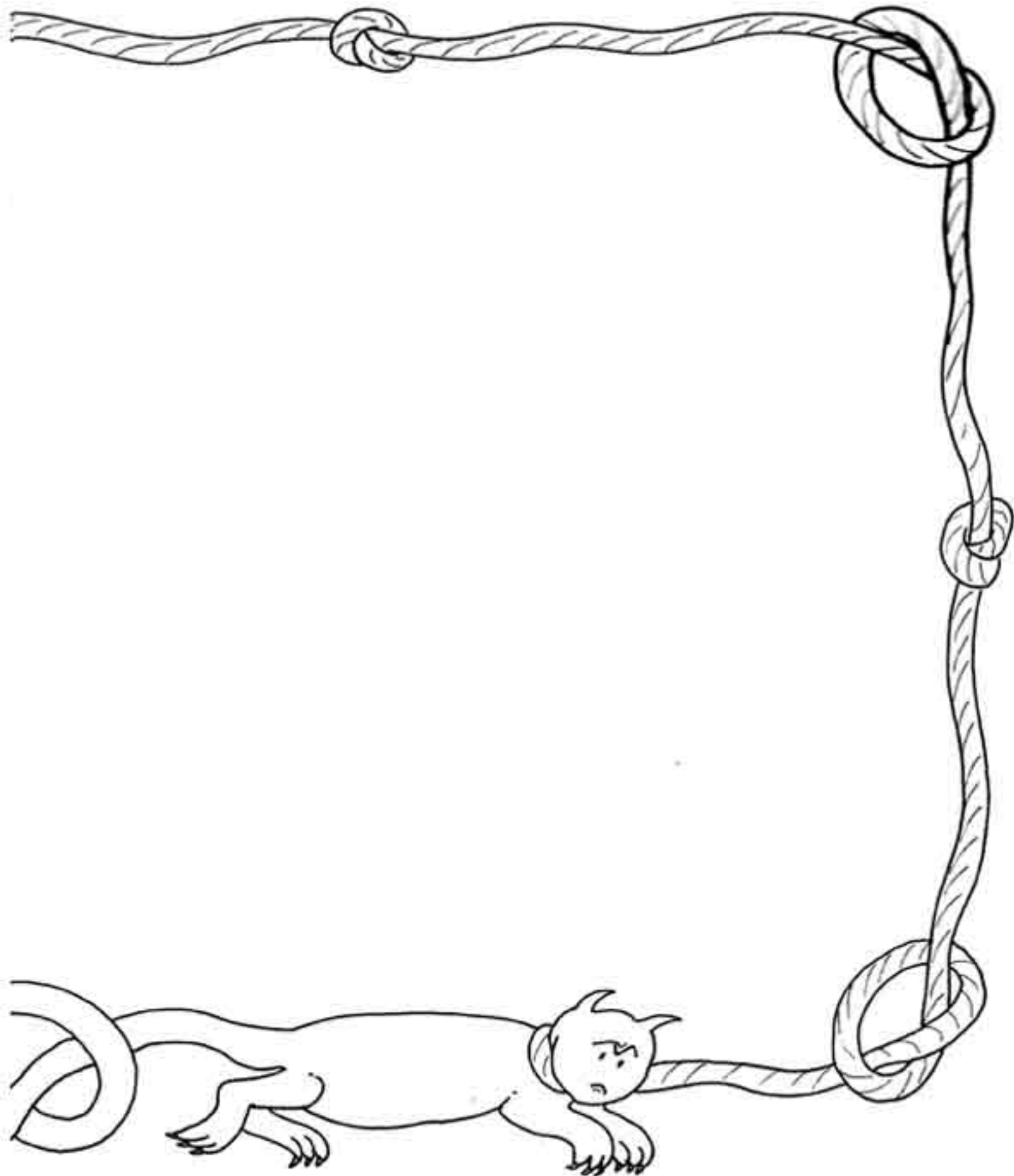
What color is guilt?
Draw anything you'd like using the color
or colors you think of when you are feeling guilty.



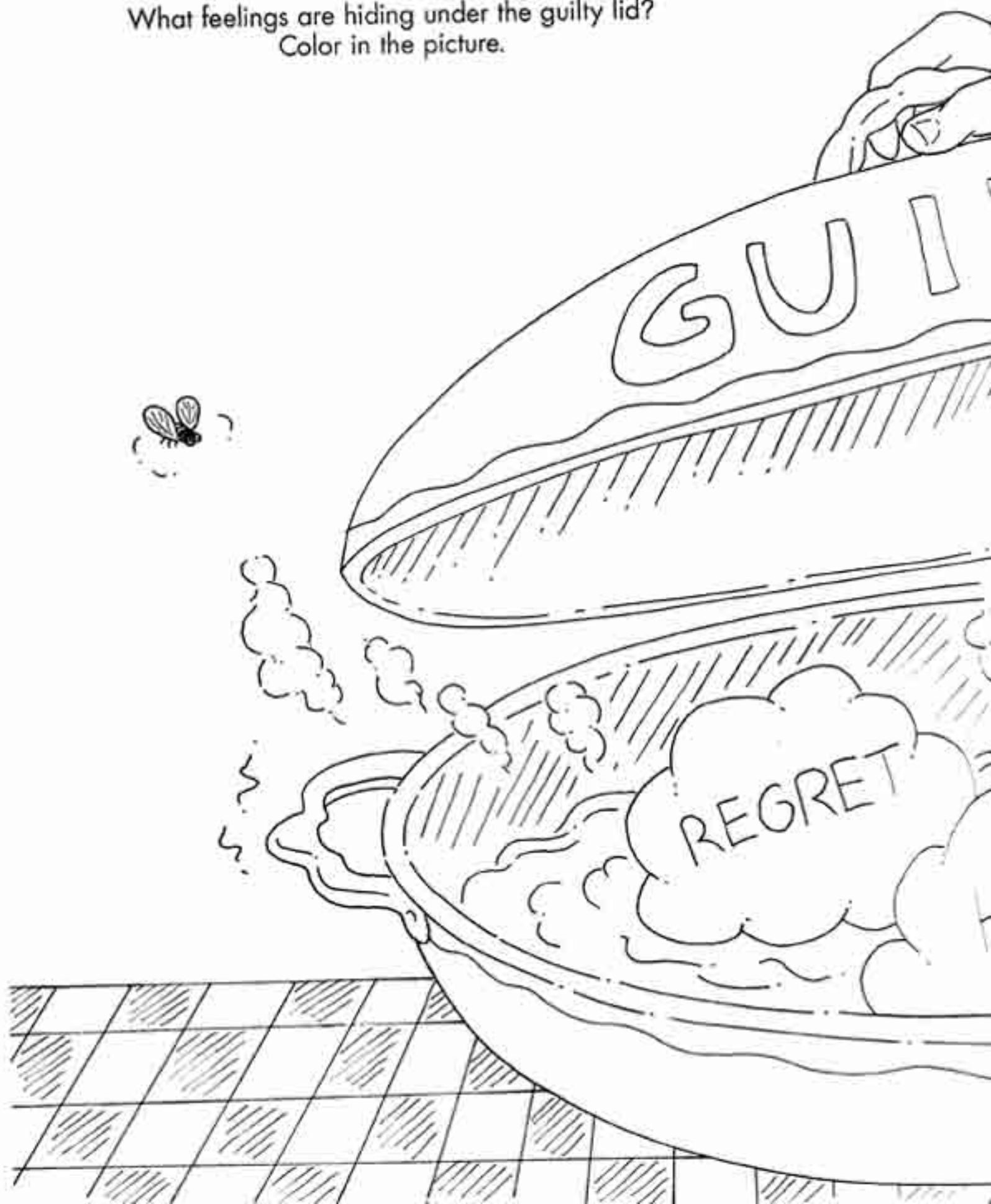


A large oval shape is formed by a thick rope. The rope is knotted at the top and bottom. At the bottom of the oval, the rope extends downwards and then loops back to form a dog's head and neck. The dog has floppy ears and a sad expression. The rope continues to the right and then loops back to the top of the oval. The rope has a textured, braided appearance.

What do you think
guilt looks like?
Draw a picture or design
showing how guilt
looks to you.



What feelings are hiding under the guilty lid?
Color in the picture.





ANGER

SADNESS

HURT

LT

Circle any of the things below that you do that make you feel guilty.
Add drawings and your own thoughts in the open space.



Taking something without permission

Blaming someone else

Teasing someone in a hurtful way

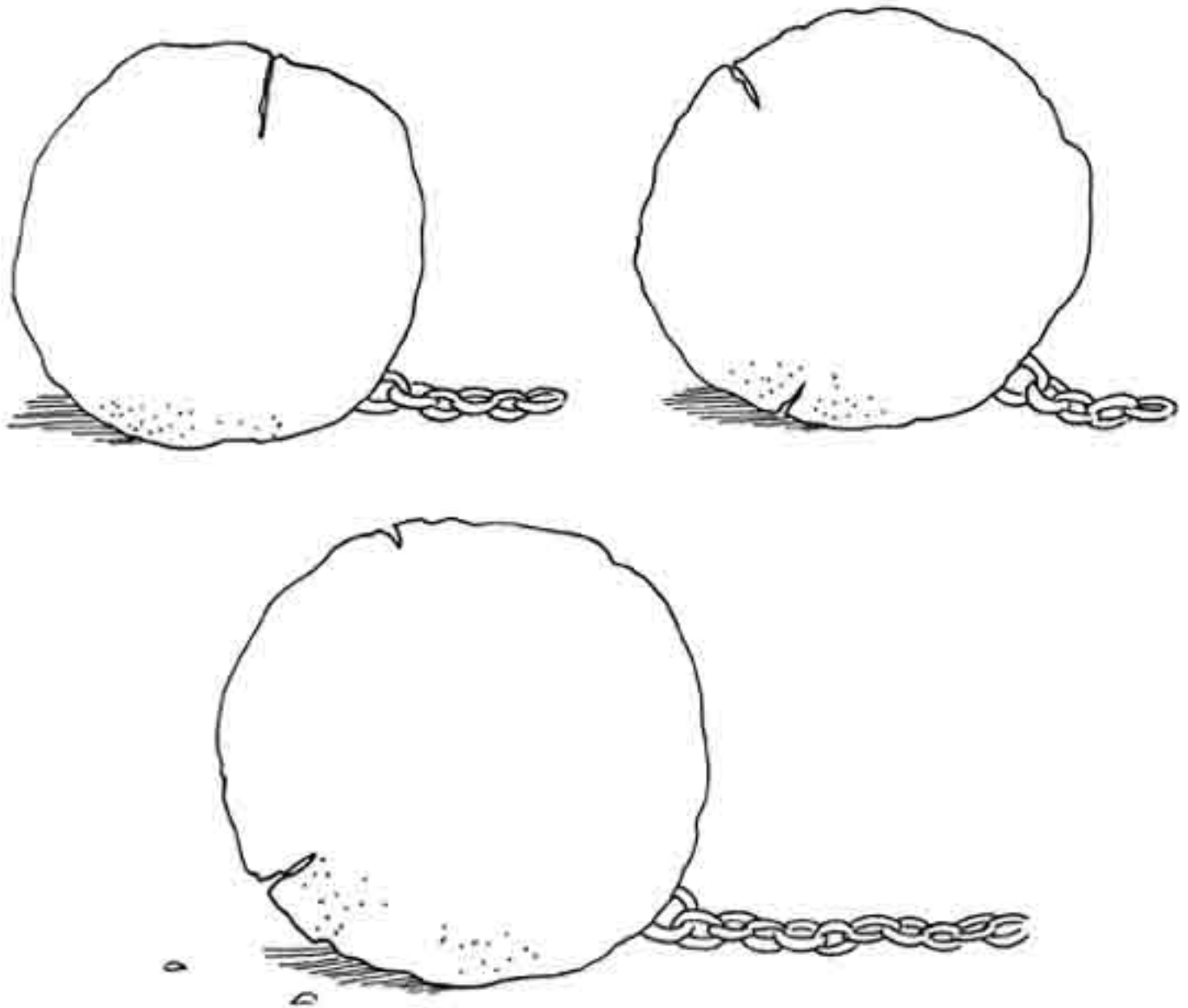
Hurting someone's feelings

Breaking the rules

Hurting myself



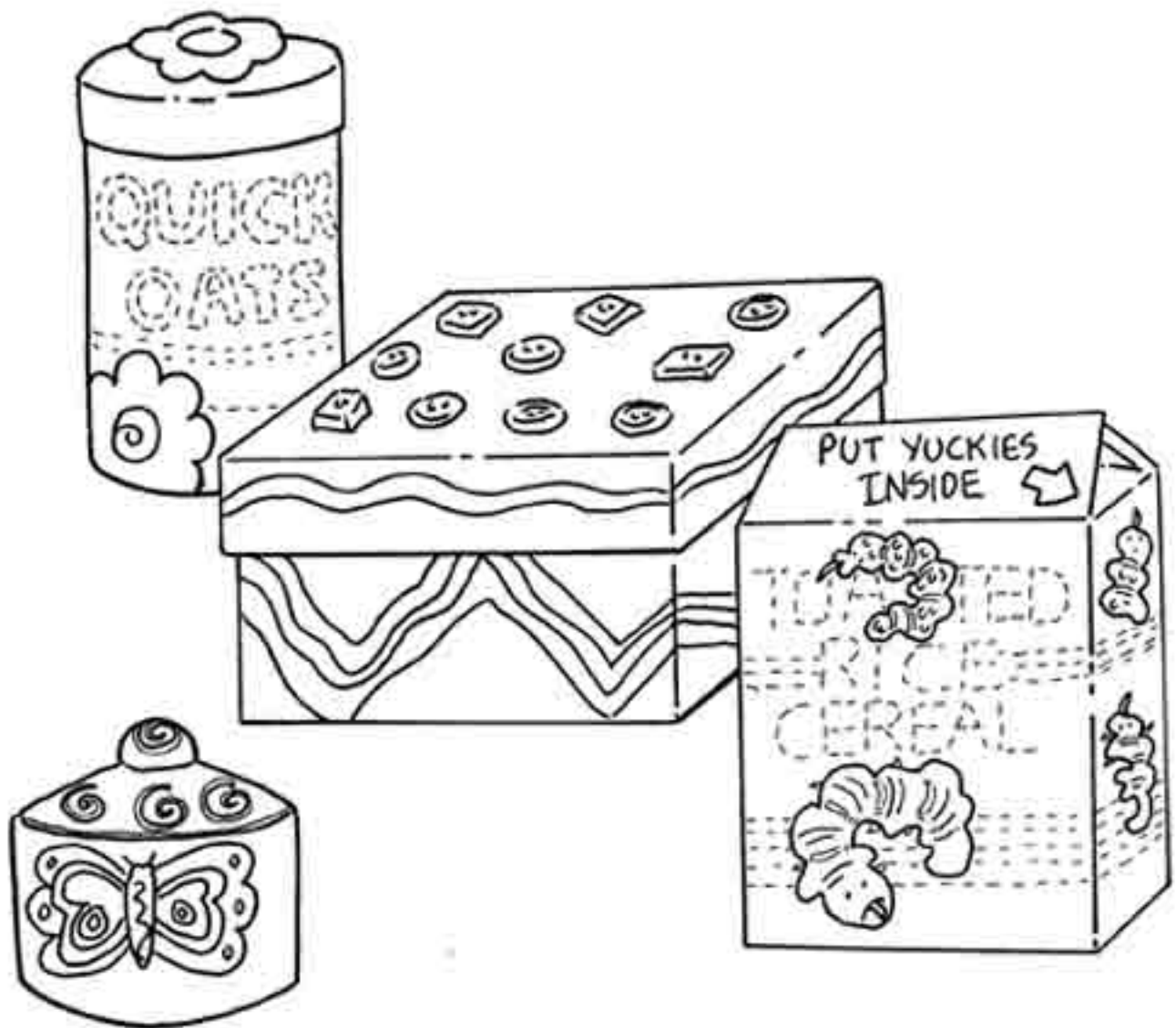
Sometimes others will try to make you feel guilty.
You can choose not to feel guilty.
Draw three things or people that make you feel guilty.

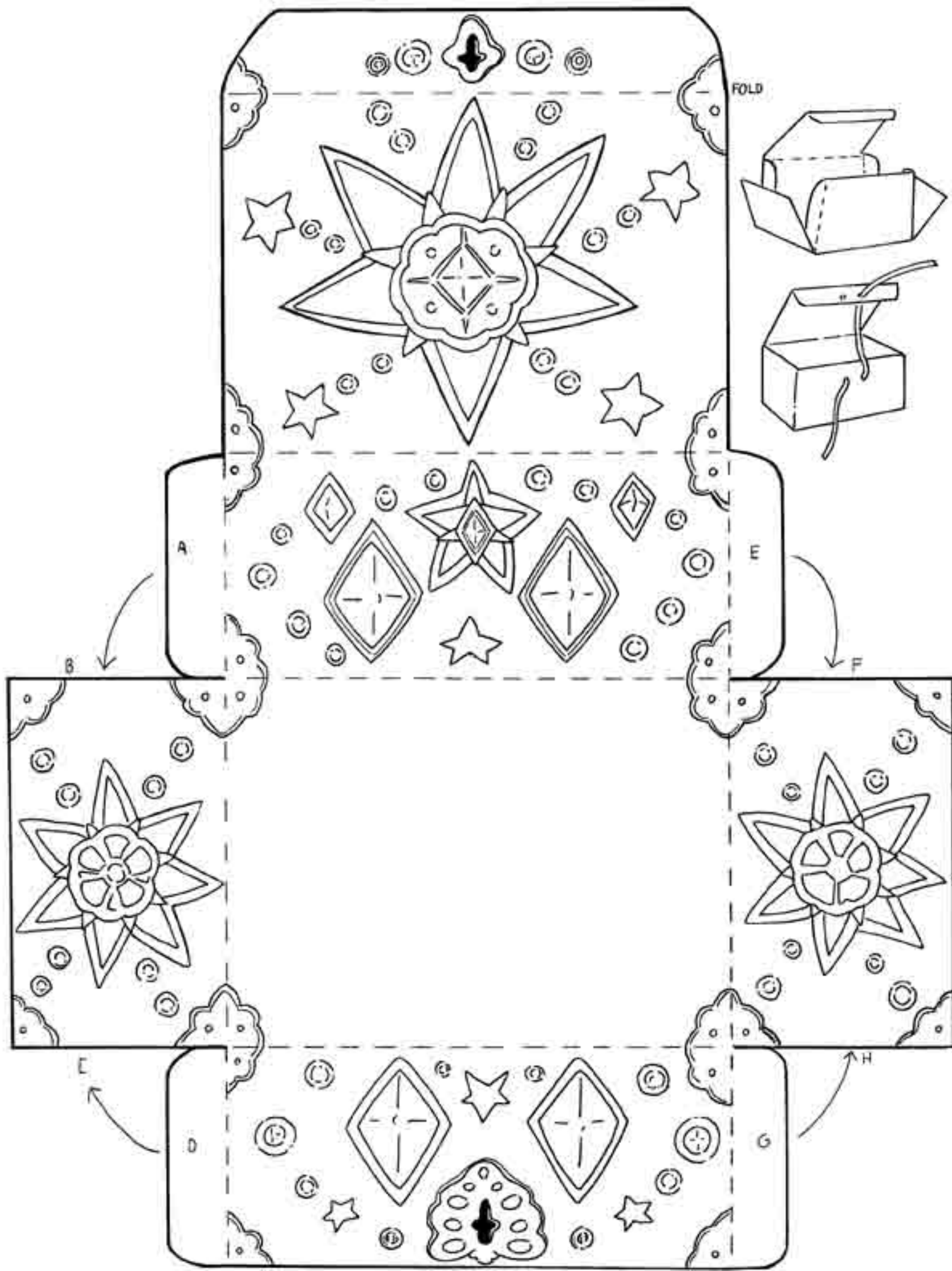


Circle the words that describe the way you feel when this happens.

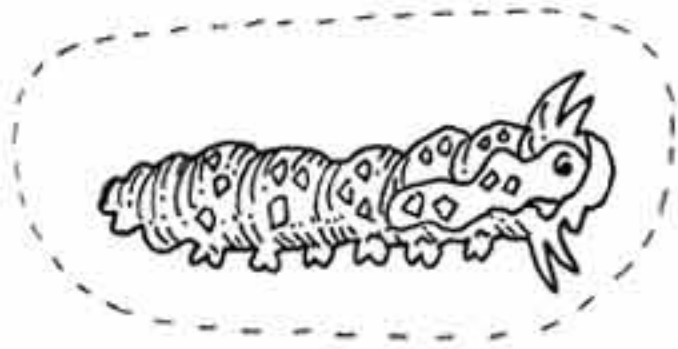
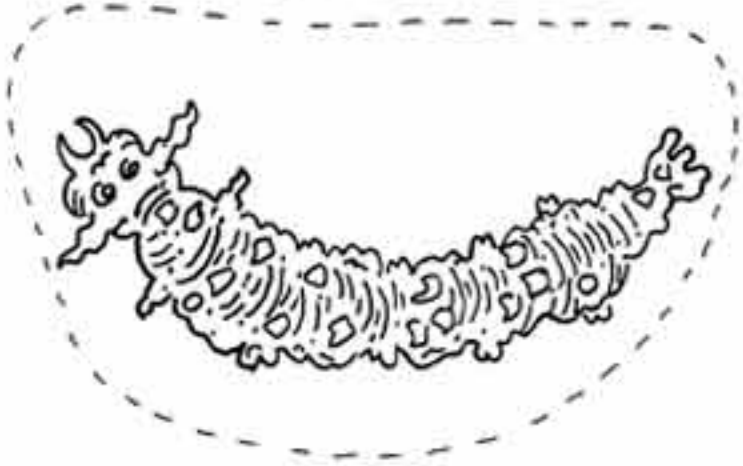
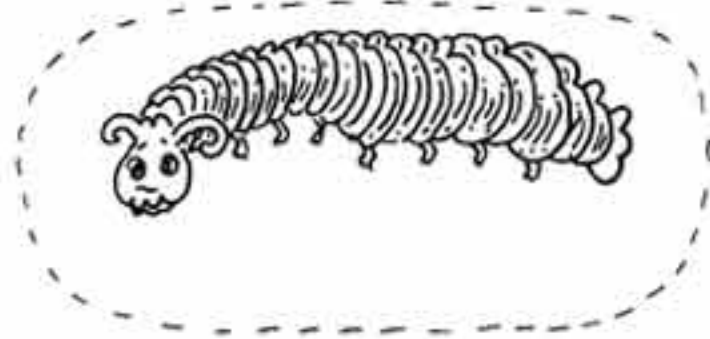
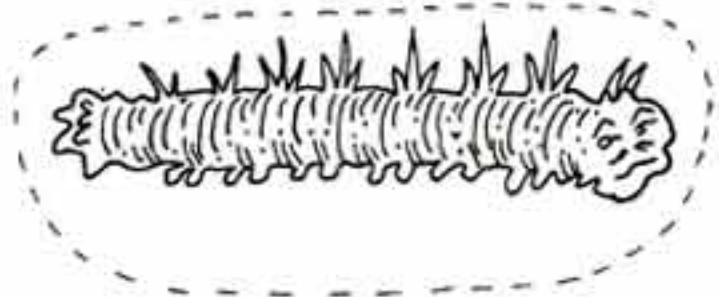
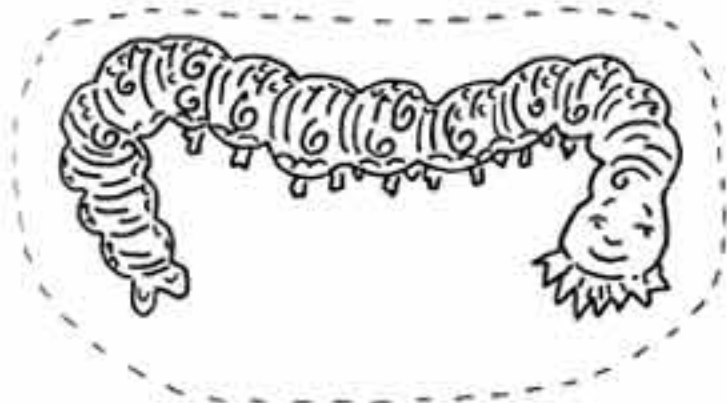
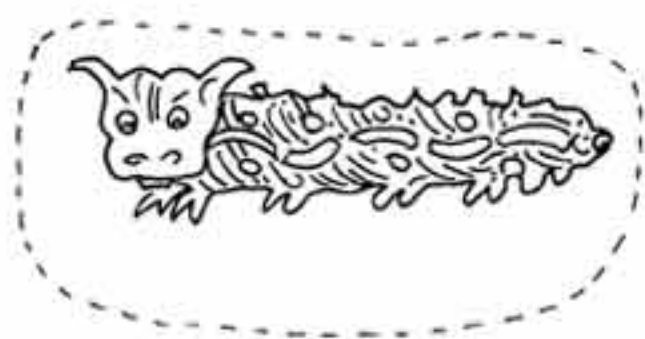
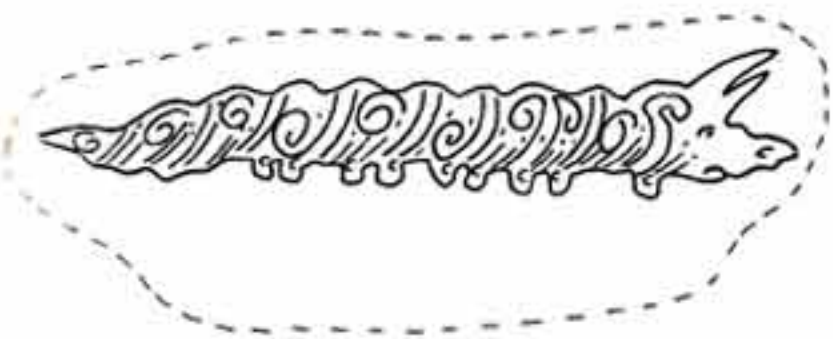
ANGRY	UPSET	HAPPY	SICK
LOVED	NUMB	PROUD	GLAD
MANIPULATED	ADMIRER	POWERFUL	CONTROLLED

Create a box where you can put the things that you feel guilty about. Use the one on the next page or make your own. Decorate the box before you put it together.





Think about what makes you feel guilty. Cut out the creatures and put them inside the box. Pretend the creatures are your guilty feelings. Close the box. Count out loud to 30. Take the creatures out and tear them up.



Now that you have gotten rid of your guilty feelings, connect the dots for a surprise.

33 ●

34 ●

35 ●

8 ●

7 ●

9 ●

32 ●



10 ●

31 ●

30 ●
28 ●

29 ● 37 ● 1 ● 13 ●
22 ● 20 ●

11 ●

27 ●



21 ● 19 ●
23 ●



12 ● 14 ●

15 ●

26 ●

24 ●

18 ●

25 ●

17 ●

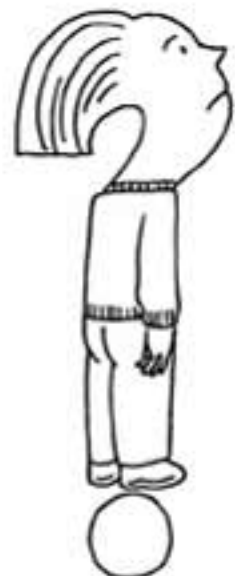
16 ●

Find the hidden treasures that you can have
when the guilt is gone.

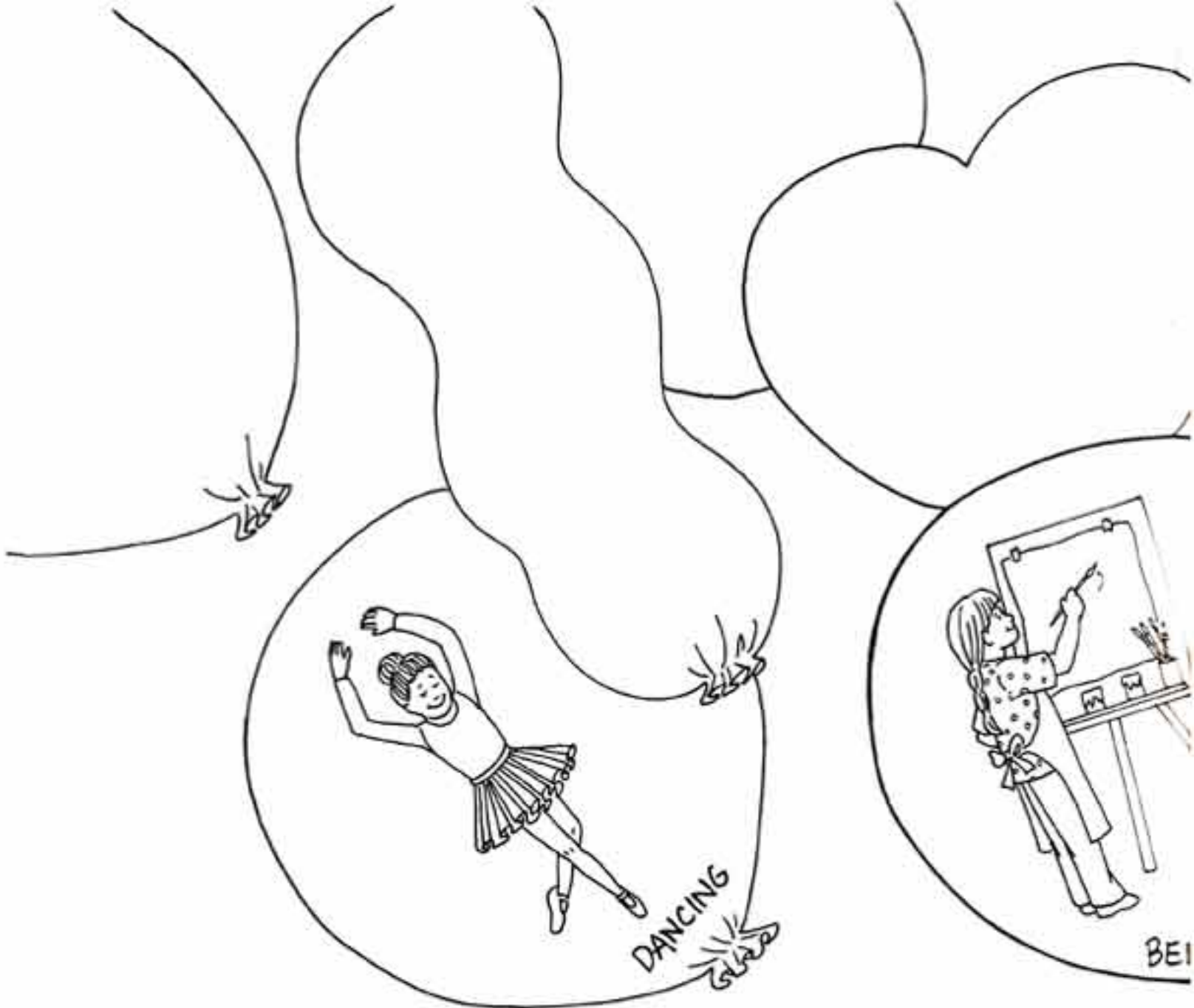
LIGHT
GOOD
GREAT

JOY
PEACE
PROUD
LOVING

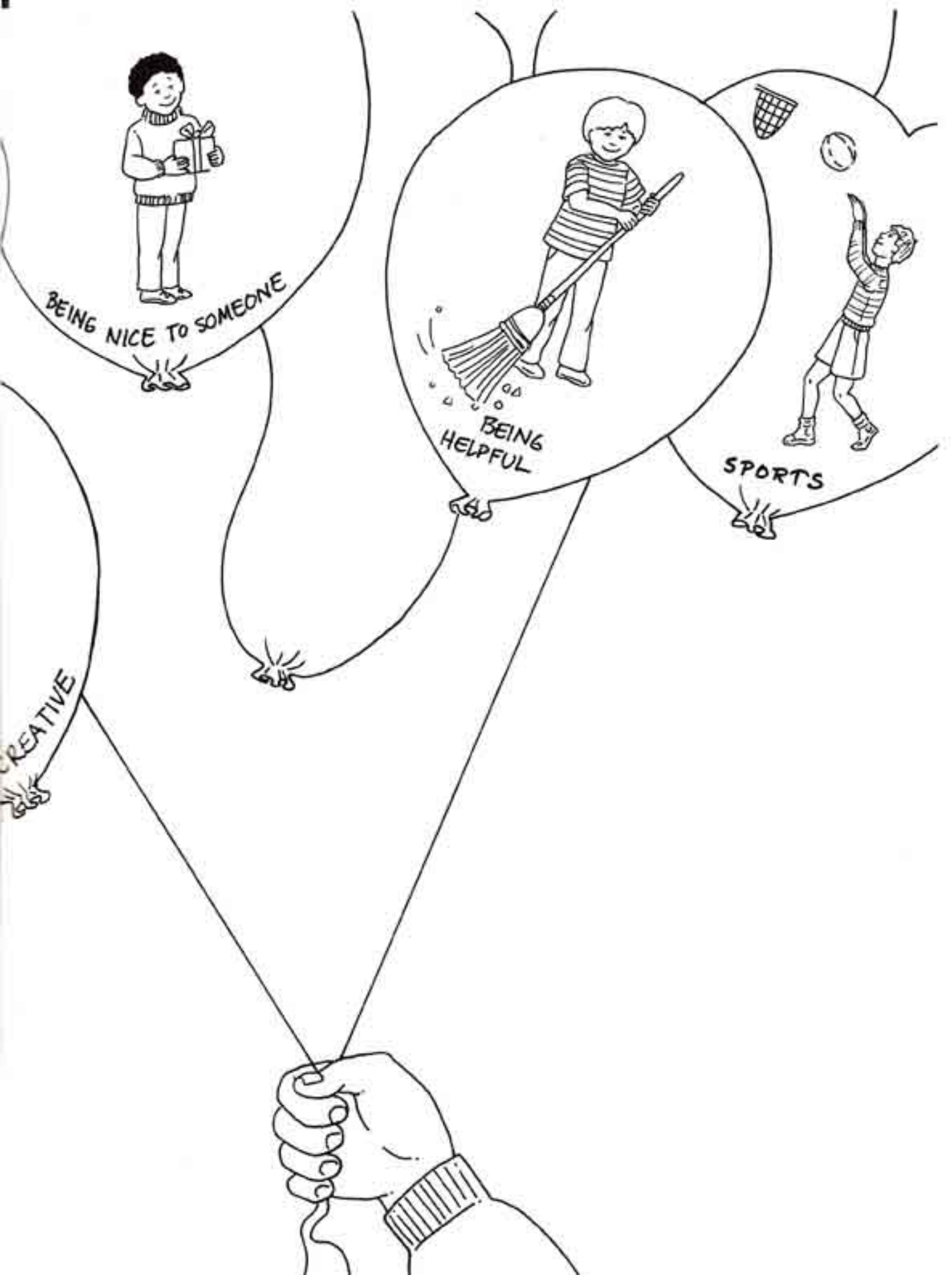
FUN
CAREFREE
KIND
HAPPY



M	X	L	I	G	H	T	C
G	O	O	D	R	A	F	A
I	K	V	H	E	P	U	R
Y	R	I	E	A	P	N	E
K	I	N	D	T	Y	X	F
D	M	G	K	J	O	Y	R
P	E	A	C	E	L	M	E
O	N	P	R	O	U	D	E



Draw a string from the hand to the balloon of the things that make you feel good about yourself. Color them in.
Are there any other things you would like to write or draw in the empty balloons?

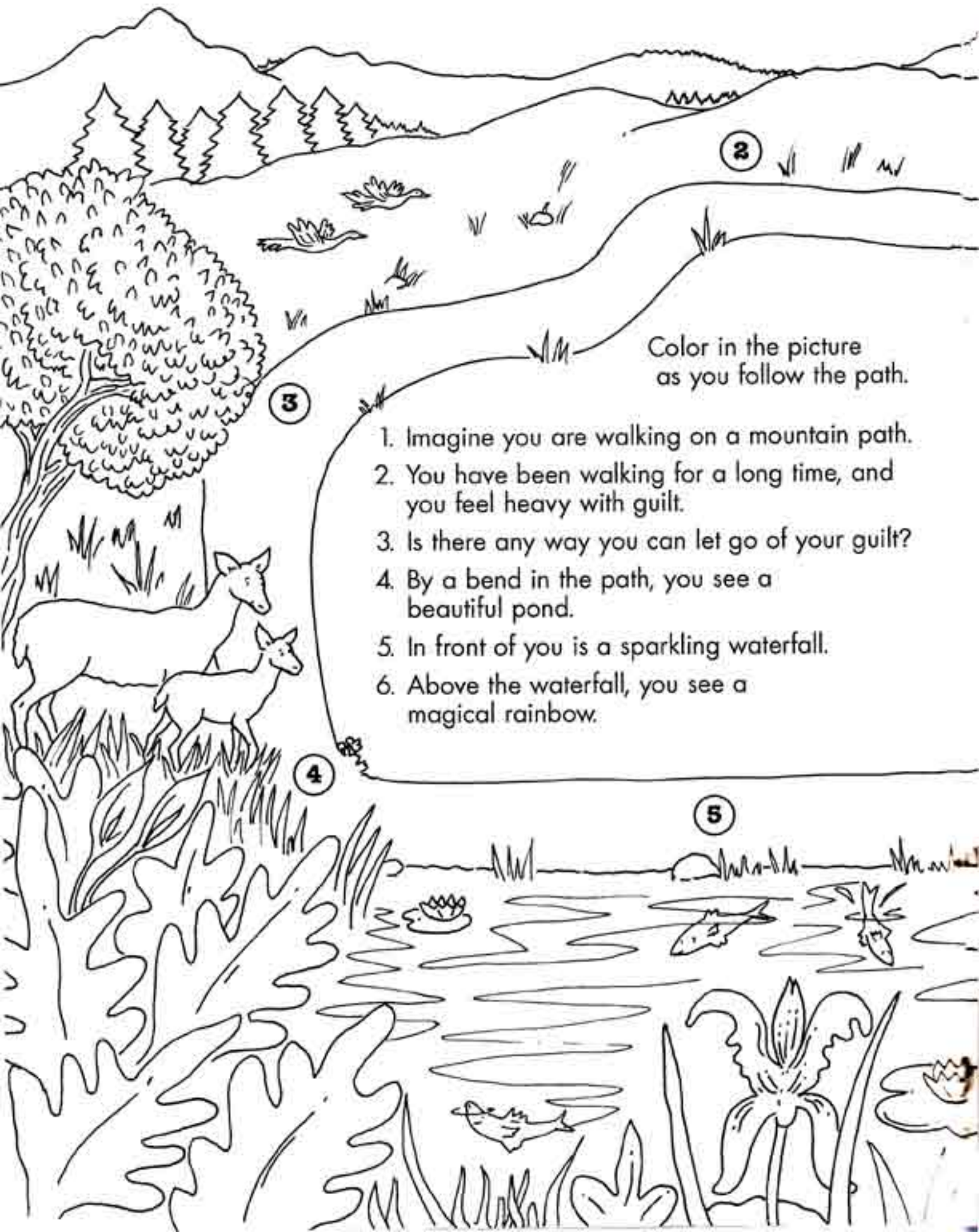


BEING NICE TO SOMEONE

BEING HELPFUL

SPORTS

CREATIVE



2

3

4

5

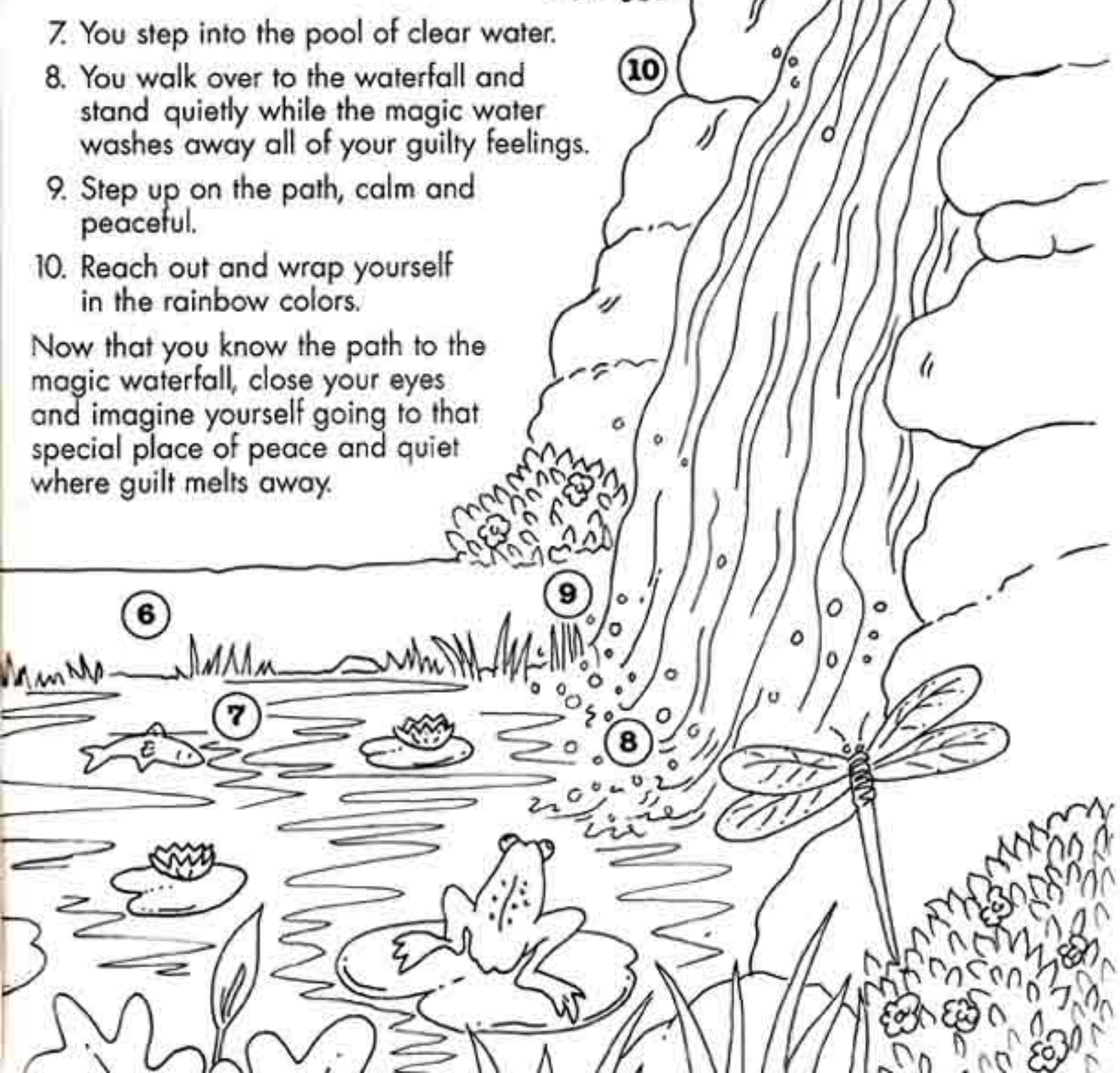
Color in the picture
as you follow the path.

1. Imagine you are walking on a mountain path.
2. You have been walking for a long time, and you feel heavy with guilt.
3. Is there any way you can let go of your guilt?
4. By a bend in the path, you see a beautiful pond.
5. In front of you is a sparkling waterfall.
6. Above the waterfall, you see a magical rainbow.



7. You step into the pool of clear water.
8. You walk over to the waterfall and stand quietly while the magic water washes away all of your guilty feelings.
9. Step up on the path, calm and peaceful.
10. Reach out and wrap yourself in the rainbow colors.

Now that you know the path to the magic waterfall, close your eyes and imagine yourself going to that special place of peace and quiet where guilt melts away.





Draw yourself feeling happy in this shield.