

LET GO OF GUILT – It is no good to anyone



Have you ever taken a swig out of this bottle? Did it help the situation or make it worse? I honestly can not think of a time when feeling guilty has ever helped me or anyone I know.

So, what is guilt? It is a destructive emotion that for whatever reason we place upon ourselves when we have done something we believe we shouldn't have done or haven't done something we or someone feels we should have done. Guilt comes from one place and that is from ourselves.

Have you ever felt that someone was 'laying the guilt trip' on you? Understand this clearly; It is not their fault – they may have given you the bottle of 'Guilt Plus' but you chose to drink from it!

When you make your decision to improve your wellbeing you set an expectation for yourself don't you? You set an exercise and eating expectation that in many cases is unrealistic, but you believe that you are strong enough and have enough will power to see it through. Do you relate to this? This is a very unhealthy place to be, as I can attest to.

I can remember in my days of addictive behaviour when I used to be so obsessively strict with my eating that if I ever strayed I would beat myself up for days. The feeling of guilt for having a piece of chocolate or maybe one too many beers was enough to have me training myself silly the next day. This is not a healthy place to be.

I have one very powerful piece of advice for you – GET RID OF GUILT. It can kill you and it will stop you in the achievement of your life goals! There are two main types of guilt;

1. that which you place upon your self and
2. that which you feel from others

In both cases guilt comes from you. Understand that no-one can make you feel guilty unless you let them. Are you perfect? Is anyone perfect? Do you make mistakes? Do other people make mistakes? The answers to all of those questions are obvious.

Enjoy your life and know that whatever decision you make, right or wrong, you will be okay and so will the other person. If you spend trying to avoid feeling guilty you will focus on it and you will spend your life miserable. Trust me on this one.

Live your life to the fullest. Aspire to be the best you can be. Make mistakes and learn from them but never feel bad because of them. Mistakes are opportunities to learn and grow. Any person that takes responsibility for their own life will understand this. Any person that transfers responsibility will feel guilt and make others feel guilty for not making them successful. Avoid these people at all costs

Your only responsibility is you – love yourself, makes mistakes, learn and live the best life you can – GUILT FREE