



IDENTIFYING "INVITATIONS TO GUILT AND SELF-BLAME"



SMART
Family & Friends

1. Can you identify any "invitations" to guilt and self-blame, either from your Loved One, from those around you, or from yourself?

2. How much influence have guilt and self-blame had over your relationship with your Loved One?

3. How could things be different if you were able to let go of feelings of guilt and self-blame?

4. What would help you to let go of feelings of guilt and self-blame?

"When you discover your precious child is using drugs or alcohol, shame and guilt can get in the way of getting help for your family."

~Cathy Taughinbaugh

