Guilt & Shame

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-Feeling responsible or remorseful for something

Shame

-Feeling like a failure; feeling inferior

-Guilt= "I've done something bad"; Shame= "I am bad"

-Guilt focuses more on the behavior while shame focuses on the self

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Credits

Graphics by Kidsrcute
-Thank you for the frame!

Whimsy Workshop Teaching
-Thank you for the flowers!