Guilt & Shame

Guilt

- 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!

Educlips
- Thank you for the clipart!