



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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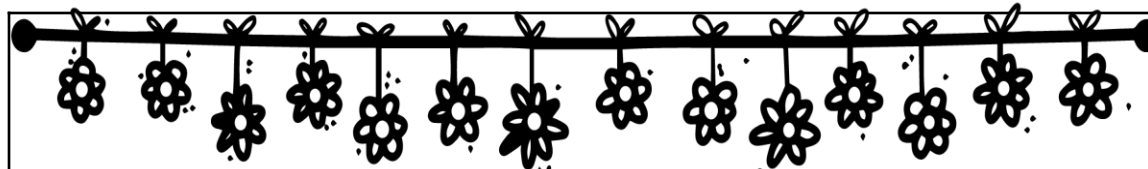
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Credits



[Graphics by Kidsrcute](#)
-Thank you for the frame!



[Whimsy Workshop Teaching](#)
-Thank you for the flowers!



[Educlips](#)
-Thank you for the clipart!