

## Journal Questions

If you'd like to, these journal guides will help you dig that bit deeper into the topics, helping you apply the words to your own life and mind. Remove any pressure from yourself to 'complete' this guide, or write reams of notes. They are simply here for you to use if and as you wish, whether you just consider them in the quiet of your mind, write one-word answers or consult them for particular topics.

### CHAPTER 4

## Less Guilt

### 4.1 – About mum guilt

What does guilt feel like for you?

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How does guilt impact you?

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When you consider the guilt that you're feeling at the moment, can you differentiate between guilt that is justified, and unjustified?

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CHAPTER 4

## Less Guilt

### 4.2 – Why do I struggle with guilt?

Which reasons for struggling with guilt resonated most with you?

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Does the supermum ideal impact you? If so, how does it fuel your feelings of guilt?

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What influences the standards you hold for yourself? How sustainable and realistic are these standards?

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### 4.3 – My top tips for guilt

How does it feel to think of guilt as a flag to prompt you, not to shame you?

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CHAPTER 4

## Less Guilt

Go through the ACT tip with two sources of guilt you're feeling at the moment.

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Is there any guilt you need to speak through with someone you trust, so that they can bring perspective and compassion into the situation?

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