Guilt and Shame Stress Inventory Worksheet

Write your personal definition of guilt:

What approach to managing guilt do you use most often and why isn't it effective?

My Stressors and Action Plan

Identify all your guilt stressors. Then identify which are high-risk stressors, those that influenced you in the days prior to your last relapse. Underline or circle the high-risk stressors, and pay particular attention to developing techniques to manage them.

Guilt Stressors	Technique to Manage, Setting Boundaries or Life Change Required

material provided by www.clearhavencenter.com
from "Make Your Last Relapse The Last" by Irene Clarkson - www.sobermart.com
unauthorized use in rehab programs prohibited - personal use only

Write your personal definition of shame:

What approach to managing shame do you use most often and why isn't it effective?

My Stressors and Action Plan

Identify all your shame stressors. Then identify which are high-risk stressors, those that influenced you in the days prior to your last relapse. Underline or circle the high-risk stressors, and pay particular attention to developing techniques to manage them.

Shame Stresssor	Technique to Manage, Setting Boundaries or Life Change Required