

Handout 9.4: Going From Guilt to Gratitude

Fill in the blanks, transforming the guilt-producing thoughts into kinder thoughts that lead to gratitude rather than guilt.

Guilt Statement	Gratitude Statement
I shouldn't have taken this job.	I am grateful that I have a job and can look into finding another.
I should have _____ _____	I am grateful that I _____ _____
I could have _____ _____	I am grateful that I _____ _____
If only I _____ _____	I am grateful that I _____ _____
I could have _____ _____	I am grateful that I _____ _____
If only I had _____ _____	I am grateful that I _____ _____
I can't believe I _____ _____	I still have the opportunity to _____ _____
Why couldn't I have _____ _____	I am grateful that I _____ _____
Why didn't I _____ _____	I am grateful that I _____ _____