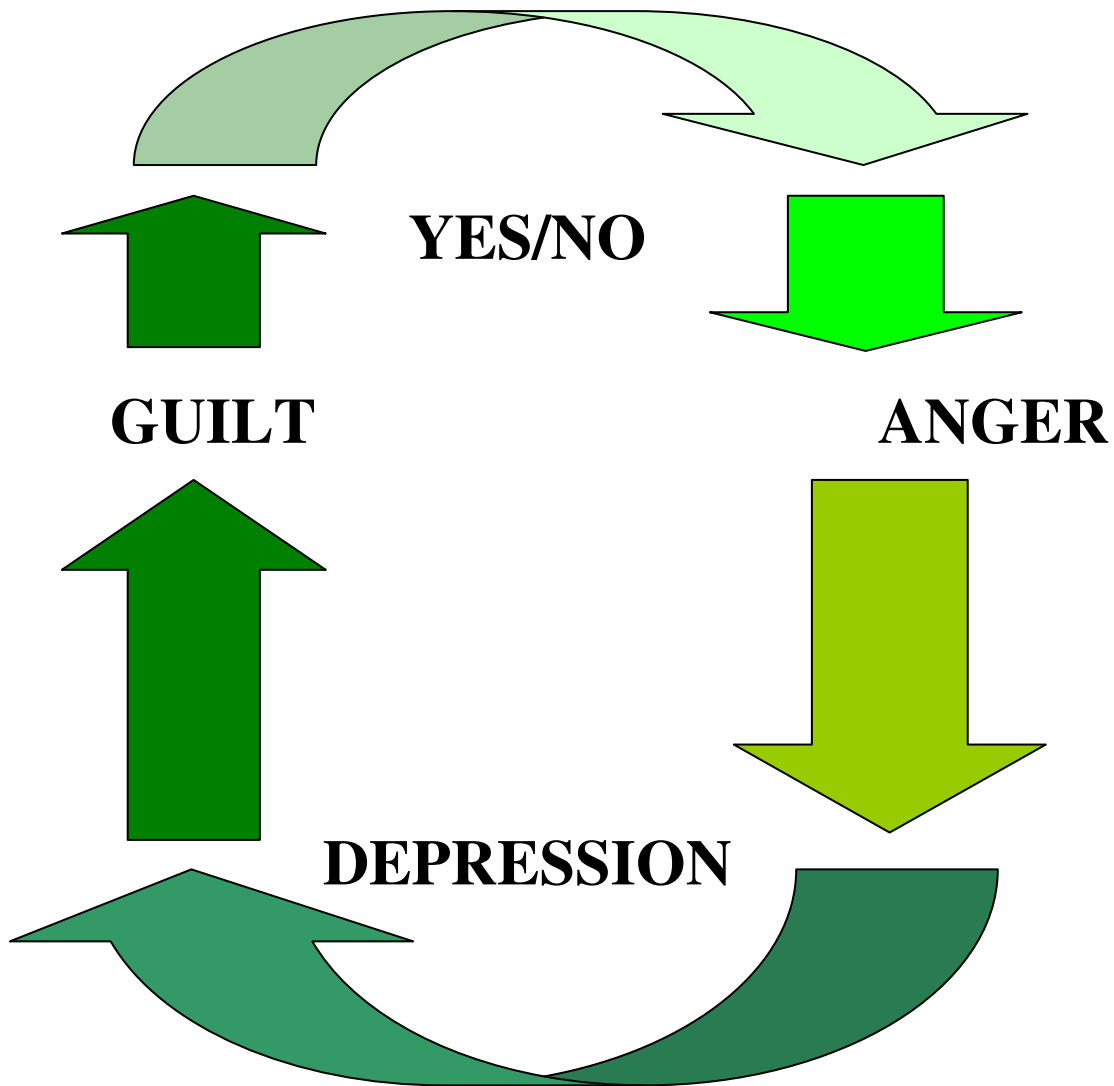


GUILT WHEEL



- The guilt cycle begins when we say “yes” when we want to say “no”
- We find we begin to feel angry; at ourselves and at the other person who is “forcing” us to do what we don’t want to do
- This may lead to depression or ‘anger turned inwards.’ We feel we have no right to our anger and feel trapped.
- These feelings then result in guilt. The origin of the problem, however, is when we say ‘yes’ when we want to say ‘no’.