

Index

A

- accountability without guilt, 1
- action, as motivated by need,
7–8, 41
- addictions, positive motivations
for, 20
- alcoholism, positive motivations
for, 20

C

- cat-related issues, 45–49
- Centering Buddies bean bags, 6,
61
- Check In and Make a Request
(Step 6)
 - consideration for others/self,
15, 33–34, 62–64, 70–71
 - eco-consciousness, guilt and,
40–41
 - family-related issues, 21,
27–28, 54–55
 - pet-related issues, 8–10, 47
- Connect With the Positive
Motivations (Step 5)
 - consideration for others/self,
14–15, 32–33, 61–62,
69–70
 - eco-consciousness, guilt and,
39–40
 - family-related issues, 20,
26–27, 53–54
 - pet-related issues, 7–8, 46–47
- Connect With the Unmet Needs
(Step 3)
 - consideration for others/self,
14, 32, 60–61, 68–69

- eco-consciousness, guilt and,
38–39
- family-related issues, 19–20,
26, 52–53
- pet-related issues, 4–6, 45–46
- consideration for others, 13–17,
31–36

D

- defensiveness and self-blame, 5–6
- disloyalty, and guilt, 25–30
- dog-related issues, 2–10
- drinking, positive motivations
for, 20

E

- eco-consciousness, guilt and,
37–43
- Experience the Feelings of the
Unmet Needs (Step 4)
 - consideration for others/self,
13–14, 32, 61, 69
 - eco-consciousness, guilt and, 39
 - family-related issues, 20, 26, 53
 - pet-related issues, 6–7, 46

F

- family relationships, guilt and,
19–23, 25–30, 51–55
- feelings, 6–7, 9. *See also*
 - Experience the Feelings of
the Unmet Needs (Step 4)
- feelings, in check-in
 - consideration for others/self,
15, 33, 63
 - eco-consciousness, guilt and, 40

family-related issues, 21, 27, 54
 pet-related issues, 8, 47

Finding Independence worksheet,
 65–66

Forgiving Yourself worksheet,
 42–43

G

Gaining Perspective worksheet,
 48–49

Graduating From Guilt, blank
 worksheet, 77

Graduating From Guilt,
 completed worksheets. *See*
also each worksheet title.

consideration for others/self,
 16–17, 35–36, 65–66,
 72–73

eco-consciousness, guilt and,
 42–43

family-related issues, 22–23,
 29–30, 56–57

pet-related issues, 11–12,
 48–49

Graduating From Guilt,
 introduction to the
 process, 2–10

guilt, responses to, 1

H

Healing From Regret worksheet,
 22–23

I

Identify the Guilt (Step 1)
 consideration for others/self,
 13, 31, 59, 68

eco-consciousness, guilt and,
 37

family-related issues, 19, 25,
 52

pet-related issues, 2, 45

intention. *See* positive motivations
 interpersonal needs, 4. *See also*
 needs

J

judgments, 3. *See also* should-
 statements

K

kitten-related guilt, 45–49

L

Learning Self-Care worksheet,
 16–17

Liberating Your Power worksheet,
 72–73

loyalty issues, 25–30

M

Mastering the Process worksheet,
 36–36

motivation. *See* Connect With
 the Positive Motivations
 (Step 5); positive
 motivations

mourning, steps 3 and 4 as, 5, 7,
 15, 75

N

Name the “Shoulds” (Step 2). *See*
also should-statements

consideration for others/self,
 13–14, 31–32, 60, 68

eco-consciousness, guilt and, 38
 family-related issues, 19,
 25–26, 52

pet-related issues, 3, 45
 needs. *See also* Connect With the Unmet Needs (Step 3); Experience the Feelings of the Unmet Needs (Step 4)
 as positive motivations, 7–8
 in relation to others, 13–17, 31–36, 67–73
 universal, 5–6
 unmet, 4–7, 9
 needs, in check-in
 consideration for others/self, 15, 33, 63, 71
 eco-consciousness, guilt and, 40
 family-related issues, 21, 27–28, 54
 pet-related issues, 9, 47
 neighbor issues, 67–74
 Nonviolent Communication (NVC), inner use of, 75
 Nonviolent Communication (NVC) model, 8–9

O

observations, in check-in
 consideration for others/self, 15, 33, 62, 70
 eco-consciousness, guilt and, 40
 family-related issues, 21, 27, 54
 pet-related issues, 8, 47

P

parenting issues, 19–24
 persistence and thoroughness, 3, 10

pet-related issues, 2–10, 45–50
 positive motivations, 7–8. *See also* Connect With the Positive Motivations (Step 5)
 positive purpose of guilt, 1

R

Reconciling at a Distance worksheet, 29–30
 relationships, guilt and self-care in, 13–17, 59–66, 67–73
 reminder cards, 40–41
 requests, in check-in
 consideration for others/self, 15, 33–34, 63–64, 71
 eco-consciousness, guilt and, 40–41
 family-related issues, 21, 28, 54–55
 pet-related issues, 9–10, 47–48
 responses to guilt, 1
 revenge, needs met by, 7
 romance, and guilt, 59–64
 Rosenberg, Marshall, 4

S

self-blame and defensiveness, 5–6
 self-care, and guilt about having needs, 13–17, 67–73
 self-forgiveness, Step 5 as, 7, 15, 75
 should-statements, 3, 10, 15. *See also* judgments; Name the “Shoulds” (Step 2)
 Six Steps to Freedom worksheet, 11–12
 spiritual needs, 4. *See also* needs
 survival needs, 4. *See also* needs

T

thoroughness and persistence, 3,
10

Transforming Relationships
worksheet, 56–57

U

Universal Needs, 5–6, 13. *See also*
needs

unmet needs, 4–7, 9. *See also*
Experience the Feelings of
the Unmet Needs (Step 4);
needs

W

wants vs. needs, 4–5

wastefulness, guilt and, 37–43

worksheets. *See also* Graduating
From Guilt, completed
worksheets