

## Episode 19 – Guilt As A Strategy



How often do You find yourself feeling guilty? Guilty because you felt bad about saying yes or because you feel bad about saying no. Guilty because you feel you've compromised your reputation of being the one who... (fill in the blank) What if you asked yourself, "For the sake of what?" Listen to Episode 19 on how guilt as a strategy has outlived its usefulness and how to find freedom from guilt moving forward.

### **Personal reflection on Guilt as a strategy**

How often do you find yourself feeling guilty?

What reputation or image are you trying to uphold?

What if you asked yourself, "For the sake of what?" Where has guilt as a strategy outlived it's usefulness?

What is guilt keeping you separate from?

What would be different if you made decisions without feeling guilty?

What is one small promise you are willing to make to yourself for the sake of feeling your freedom and in truth, serving your relationships?

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De Yarrison [essentialshiftnow.com](https://essentialshiftnow.com)

Jackie Lesser [jackielesser.com](https://jackielesser.com)

Rethinking Leadership Podcast <https://soundcloud.com/rethinkingleadershippodcast>