

GRIEF SERIES: How Do I Get Past the Guilt?

Feelings of guilt are a common occurrence in the grieving process. Whether you are feeling guilt because there were unresolved issues between the two of you or you are questioning if you did everything possible to help the other person, guilt can be debilitating.

Some people become haunted by questions like, “What if I would have insisted he saw the doctor earlier?” or “I should have let her stop treatment when she wanted to.” or “I wish I didn’t lose my patience with him so often.”

Tips on getting past the grief:

- **Talk about it.** When we feel guilt, we are often ashamed to admit what we feel guilty about and keep those thoughts to ourselves. This just amplifies the guilt. Find a trusted person to talk to who will just listen to you.
- **Identify what you are feeling guilty about.** Perform a reality check on what you have identified and determine if you are being irrational or illogical.
- **Stop the “What ifs”.** Focus on what you do know to be true and what you can directly control. Remind yourself that you did the best you could with what you knew at the time.
- **Forgive yourself or forgive your loved ones for decisions or behaviors you now wish had been different.** It can be a lot of work to forgive and it may be necessary to seek help with this from a professional counselor.
- **Make a conscious effort to remember the positive interactions that occurred throughout the experience.** Remember the loving way you did take care of your loved one. Remember the thoughtful, informed process you both went through to make certain decisions.
- **Think about what your loved one would want to say to you at this point.** How would he help you to be free from the guilty feelings?

Losing someone close can be difficult to handle alone. Do you need help?

Call **(800) 801-4182** or **(402) 354-8000** to schedule a confidential appointment. You can also access our website at www.BestCareEAP.org.

*From Aug/2021 to July/2022, Best Care will be featuring a series of monthly articles on grief, written by Amy Monzingo, MS, LMHP, a licensed counselor with Best Care EAP.