

Guilt or Shame Reading Guide

A. Chapters 1–4 as an introduction to *Mind Over Mood*.

B. Chapter 15 to learn more about guilt and shame and effective methods to express and/or reduce them.

C. Chapter 5 to set goals and identify personal signs of improvement that are meaningful to you.

D. Chapters 6–9 to learn how to use Thought Records to identify and test thoughts related to guilt or shame and generate more balanced or alternative ways of thinking.

E. Chapter 10 to learn how to strengthen your alternative thoughts, use Action Plans to solve problems, and develop an attitude of acceptance for problems that can't be solved.

F. Chapter 11 to learn how to use behavioral experiments to test assumptions associated with guilt or shame and develop new assumptions that can lead to meaningful change and greater happiness.

G. Chapter 12 to help you develop new core beliefs; sections later in the chapter (on gratitude and acts of kindness) to strengthen positive core beliefs and lead to better relationships and greater happiness.

H. Chapter 13 if you also experience depression; Chapter 14 if you also struggle with anxiety

I. Chapter 16 to help you make a plan to continue to feel better over time.