

GUILT

Synonyms: shame, chagrin, embarrassment

She tends to blame herself or suffer from guilt, belittling her good qualities.

Guilt feelings will make someone, especially one who is very conscientious, believe anything that goes wrong is a moral fault. So when he poops out, he might think he is being lazy. If he takes needed time to relax and enjoy something like just playing with the kids, he'll feel he is neglecting his duties.

An intense work ethic forbids her to just relax and have fun. Days off leaving her feeling guilty and ashamed.

Painful experiences in the past have left you feeling guilty and sad. If your life is not going the way you want it to, it may be time for you to address these difficult memories with a trained counselor.

It is evident that you are very hard on yourself. You have an exceptionally strict conscience that will not let up for a moment. Thus, for every transgression, imagined or otherwise, an inner voice forces you to make some form of atonement. It may be something as trivial as depriving yourself of dessert. Or it could be more serious, such as subconsciously setting yourself up for an accident, so you can't take that trip to Hawaii.

Idealistic, you have a deep sense of honor and integrity. You are willing to make sacrifices for the things, or the people, that you believe in.

He may seem to always be looking over his shoulder, as if watching to see if someone has judged him and found him wanting.

Always looking for the good in other people, he is also vigilant and alert for the negative.

She may be afraid that if she relaxes her vigilance she will fall into temptation of some sort, and that would be completely unacceptable.

He would be hard pressed to list his many good qualities, but ask him for the negative and he will instantly catalog them for you in great detail.

Perhaps it is out of a sense of guilt that she is so extra nice to people, sacrificing her own desires in order to help them.

It may be that you came from a strongly religious background, where guilt was a way of life.