WORKSHEET **Run the Guilt Check**

The no I said, and to whom: _____

What they said or did afterward: _____

How guilty I feel right now (0–10): _____

1. Did I break a promise? ☐ Yes ☐ No
2. Did someone end up hurt, stranded, in danger or out money? ☐ Yes ☐ No
3. Was my delivery sharp or unkind? ☐ Yes ☐ No

If any answer is yes, my one-sentence repair: _____

If all answers are no, my line for the alarm: _____

While it passes, I'll:
☐ Take three slow breaths, longer out than in.
☐ Name it: "That's guilt about a fair no."
☐ Give my hands a job for ten minutes.
☐ Wait until tomorrow before changing my answer.
☐ Skip the next-day explanation.

How guilty I feel tomorrow morning (0–10): _____

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