

Understanding Guilt

Creating our Code of Conduct...

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Guilt

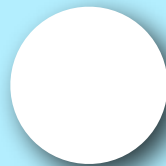
When we understand what guilt supports us with in relationship, we can finally create an inner code of conduct that supports our decisions.

Creating our Code of Conduct...

Quilt allows us to create a strong relationship with our Self. We must get a sense of what we believe in... when we know what we can get behind, we can stand strong, no longer wavering, only living our Truth.

Quilt drives us inward and asks us what our code of conduct is... what are we willing to be passionate about? What are we willing to claim as our Truth. Our truth is our set of guidelines so we know when we are off track within ourselves.

Quilt dissolves when we communicate our internal code of conduct, because we can support ourselves in making a congruent decision, in alignment with this Code.



In Relationship:

Guilt indicates that boundaries need to be re-evaluated, contracts need to be clarified.

Take note, Anger is present when guilt arises. The anger tells you that you need to re-enforce a healthy boundary, but Guilt indicates the need to look over those boundaries and make sure they are congruent with what you truly believe in before resetting the boundary.

Guilt indicates the need to look within and adjust your personal Code of Conduct. From protective and angry to compassionate and forgiving.

ASK: Am I using Anger to create a defense mechanism?
What action do I want to take to set a healthy new boundary, contract and code of conduct within? Am I ready to stand for Truth?

