



*I can let
go of
my guilt.*

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I can let go of my guilt.

I forgive myself for the things I've done wrong and strive to make amends.

But I don't need to feel guilty about things I didn't cause, couldn't control, and that aren't my responsibility.

False guilt isn't helpful; it keeps me from setting boundaries, practicing self-care, and doing what's right for me.

I let go of guilt.
