

Everybody has lived or will live the feeling of guilt. The human, with his education, his culture, his beliefs has developed a vision of a life oriented by his choices and his actions. When a human feels or does something that differs from this vision, the incoherence brings out a sensation of discomfort. Often this discomfort changes into guilt.

Guardian of what humans hold as good and right, guilt highlights that we are moving away from a belief and value system that we have internalized. It is therefore a signal that invites us to pay particular attention to what we live inside ourselves.

### Who is Mea Culpa?

Mea Culpa represents our reactions: a word, a gesture, an attitude, a thought we have or something we do without having chosen it, without being aware of it feeds the guilt. Mea Culpa has many faces of guilt. All these faces of guilt prevent us from being kind towards ourselves.

Here are six situations that have one thing in common: the presence of an emotion witch enters in conflict with what Mea Culpa thinks he should do or be.

**Joy**  
"I can not be happy. My relative's life is so difficult. It would be disrespectful to smile when he is so sad since his accident."  
Guilt of feeling well when the other is not doing well

**Fear**  
"If something were to happen to me, who would take care of my daughter? She will need assistance all of her life."  
The insecurity becomes guilt and after hyper responsibility

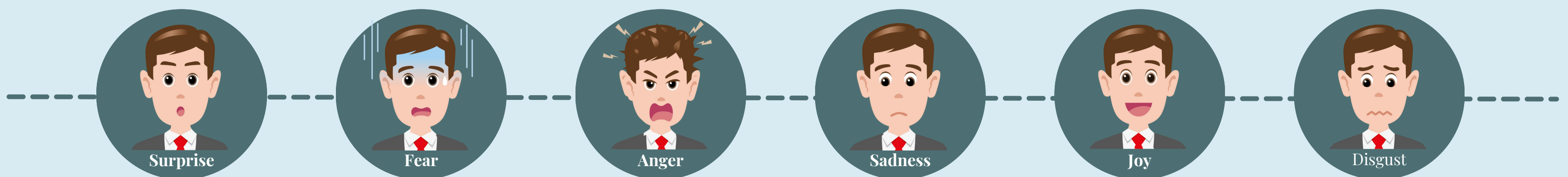
**Anger**  
"Why am I so impatient? I feel unsuitable and I have the impression of always doing the wrong thing. My relative lives in a world I don't understand."  
Guilt of feeling angry and frustrated

**Sadness**  
"I have to be strong for my family. I am their main support and I can not fail to do the job."  
Guilt of feeling sad and exposing vulnerability

**Surprise**  
"The older I get, the more difficult my function is. I thought that my child would have developed some self-sufficiency at the adult age, but it is not the case. I feel like giving up."  
Guilt of feeling deprived and overwhelmed

**Disgust**  
"I feel some aversion towards my relative. I can not stand how he eats, his weird behavior and his screams. Yet, I should love and accept him as he is..."  
Guilt of having negative feeling towards my relative

Often, without knowing it, the human has the tendency to want to go back to his comfort zone so as not to leave room for emotion. He responds to the guilt by instinct and replicates what he thinks is being correct. This tendency of repeating the reactions creates cycles within which the gestures and the attitudes repeat themselves.



Guilt is a messenger that talks about us. Instead of reacting, if we took the time to listen to what it is trying to tell us. Listening helps us better understand what we feel and it allows us space for choice.

- Am I moving away from what is important to me?
- What is the best action, word or choice to make in the situation, for me and for the other?
- Which decision will be more beneficial in the long run?
- I am able to tolerate the feeling of discomfort and I am able to continue in this chosen path?

Taking time to open up to the feeling of guilt and to admit it brings a decrease of discomfort. Remember that with guilt, there is little to do, but a lot to welcome!