

Differences between guilt and shame



Guilt

Arises from actions

Implies that you're a good person who made a mistake

Gives way to self-reflection

Can be healthy, allowing you to grow

vs.



Shame

Stems from negative beliefs and perceptions of self

Implies that you're a bad person, in general

Triggers self-doubt and self-criticism

Is destructive and can damage your self-esteem

Shame On You

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