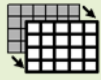




# Neurodivergency, Feelings and Emotions: Guilt



Experiencing emotions and feelings are part of being human.



Our emotions and feelings change frequently throughout the day.



When we experience a feeling, it is a passing emotion and does not stay



This means we can feel happy, sad, angry, loved, lonely all in one day.



Lots of different factors impact on how we feel such as



Where we are



Who we are with



the time of day



What is happening  
around us



something else



This is the case for everyone.



Feeling guilty can be different for some people, particularly those who are neurodivergent.



Guilt is not just an emotion but an experience too.



When I feel guilty about something, I may relive the event.



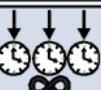
This can be distressing as I cannot change what happened but it continues to replay in my head.



Guilt becomes a constant emotion and not just a passing feeling.



I may become very angry with myself and talk negatively about myself.



It impacts on everything I do until I am able to process it and deal with it.



When I am reminded about it, I have to relive it again and I have to start processing and dealing with it again.



This means I may be unable to talk about it.



Guilt can be overwhelming and can have a very negative impact on me if I am unable to process it appropriately.

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