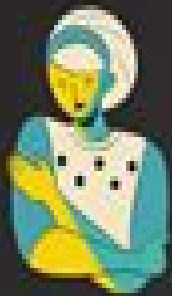


TIPS TO OVERCOME SHAME AND GUILT IN RECOVERY

Recovery from addiction often brings up a mix of emotions, and two of the most complex yet common ones are shame and guilt. While these feelings can be painful, understanding and addressing them is crucial in the healing process.



Acknowledge and accept your feelings



Understand the root of your feelings



Forgive yourself



Reclaim your narrative by looking at the past and the future



Surround yourself with people who support you



Make amends to others when needed

Shame And Guilt

Yicheng Fang



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