

Coping with the If-Only's & Should Have's

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1. Guilt Statements

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|-----------------------------|------------------------------------|
| a. If only I _____ | f. This was payment _____ |
| b. Why didn't I _____ | g. I'm not worthy of _____ |
| c. I should have _____ | h. I could have stopped _____ |
| d. I shouldn't have _____ | i. I didn't take the time to _____ |
| e. I don't deserve to _____ | j. _____ |

2. Types of Guilt (adapted from Miles & Demi, in Rando¹, 1986)

First ask yourself the question: Was it something I *actually* did wrong or
is it something I *wished* I had done differently?

- a. Death-causation guilt
- b. Illness-related or moment-of-death guilt
- c. Failure guilt
- d. Moral guilt
- e. If-only guilt
- f. Unmentionable guilt
- g. Pain-to-others guilt
- h. Relief guilt
- i. Benefit guilt
- j. Survivor guilt
- k. Grief guilt
- l. Recovery guilt

3. Control Theory as Way to Understand Guilt

How responsible do you feel regarding your loved one's death?
