



Overcoming Parental Guilt

As parents it's normal to have thoughts creep in such as "I'm not doing it right", "I'm doing something wrong", or "I'm not doing it enough". Guilt can alert us that something doesn't feel quite right. It often signals to us that our actions (or lack of actions) did not line up with our personal values. In this way, guilt can actually be helpful if we reflect on what it is telling us.

If you find yourself thinking "I should yell less" for example, you can change that to "I can (or I choose to) yell less". It is empowering to remind yourself that you are the driver of your actions, even if it is difficult and you won't always succeed. The important thing is that you are committing to aligning your behavior and actions with your values.

Recognize that you cannot change the past, but you can forgive yourself, learn as you go, and course correct. If you find yourself consumed by guilt, punishing yourself, putting yourself down for past mistakes, or constantly holding yourself to unrealistic standards, it might be time to seek some guidance.

Your Employee Assistance Program can connect you with a counselor in your area who can help.

Miller, Allyn. "Overcoming Parental Guilt, Frustration, and Feeling Overwhelmed". Jai Institute for Parenting. May 11, 2022, <https://www.psychologytoday.com/us/blog/the-unedited-offspring/201702/the-gift-keeps-giving-coping-parental-guilt>



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

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