

## **A Modern-Day Fairytale about Guilt**

Once there was, and once there was not, a professional golfer who grew up in a middle-class home. He worked very hard and became an outstanding golfer with all the money and attention that comes with that achievement.

No one in his family history had ever made as much as he was making. No one in his family history ever got the notoriety and attention he achieved.

Anything or any person he wanted was his for just a nod of his head. He believed he was living the good life with a beautiful wife and child. But something was wrong. He described himself as a sex addict. He felt guilty over his lifestyle, which included many different relationships and the freedom to do whatever he wanted.

One day his guilt caught up with him, and he did what so many guilty people do; he set himself up to be punished. His punishment entailed getting drunk, engaging in an abusive relationship with his wife, crashing his car, causing bodily injury to himself, and getting depressed and divorced.

Our intrepid golfer may have learned his lesson, but he still felt the guilt.

**Whenever you feel guilty,  
you will set yourself up to be punished.**

He tried very hard to get rid of his feelings of guilt by telling himself “I shouldn’t have. . . . And, I should have. . . .” His self-incrimination had no effect on his guilt.

Unfortunately, he continued to feel guilty even as he gained back some of his old skills and fame. Until one day, he and his guilt got into a single-car crash, and he came close to losing his life.

His guilt was the result of not living up to his own expectations of how you should be.

To be through with guilt is to be able to forgive yourself and others. **To forgive yourself and others requires you to take off the judgments.**

And to replace those judgments with, “Isn’t it interesting I am choosing to do behaviors that create guilt. I wonder how long I need to keep doing that?”

This fairytale is purely fictional. Any resemblance to persons living or dead is a coincidence.

You can contact Dr. Downing at:  
Email: [DocDowning103@gmail.com](mailto:DocDowning103@gmail.com)  
Website: [DocDPhD.com](http://DocDPhD.com)