

Notice. Name. *Choose.*

Three moves for the guilt you carry up the stairs. Run it tonight, in your head, before bed. No one needs to know you're doing it.

Your guilt isn't proof you're failing. **It's proof you're paying attention.** The men who don't feel it aren't the ones reading this. But guilt is only useful if it leads somewhere — otherwise it just sits on your chest and calls itself character.

The three moves

MOVE ONE

Notice

There's the feeling. Don't push it down, don't talk yourself out of it, don't go and do something to make it stop.

“Something's off. I can feel it.”

MOVE TWO

Name

What is it actually pointing at? Something you *did* — or a voice telling you what you *are*? Work it back to the specific moment.

“What did I do? And what's that voice adding on top?”

MOVE THREE

Choose

One thing. Not a list. Repair it, adjust something small tomorrow, or decide the standard was never fair and let it go.

“Repair, adjust, or release?”

Guilt

- “I did something bad.”
- Points at a behaviour
- Fades when you make it right
- Useful. It's a signal with an address.

Shame

- “I *am* bad.”
- Points at you
- Doesn't fade, however much you apologise
- Keeps you quiet in the car on the driveway

Guilt fades when you make it right. Shame doesn't. If what you're carrying has been sitting on your chest for months or years no matter what you've tried, that's not a guilt you can apologise your way out of. That's worth taking to someone.