Paths of Guilt and Shame

- **Remorse**
  - Of other’s moral standards
  - Of your standards

- **Guilt**
  - Accept Responsibility
  - Denial
  - Rumination

- **Shame**
  - Inaction
  - Increase Status
  - Denial
  - ID Changes
  - Reappraisal

- **OK**
  - Restitution:
    - Forbearance,
    - Apology,
    - Reparations

- **Toxic Shame**
  - Misattribution:
    - Rumination,
    - Abuse, Trauma,
    - Cognitive Errors

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