

THE JOURNAL FOUNDRY CO.

FREE SAMPLE

The Guilt Journal

The opening pages and the first three days, exactly as they are in the full journal.

Print single-sided on A4 or US Letter, or fill it in on a tablet with any PDF markup app.

Do the opening page before the first log. It takes five minutes, and the logs mean very little without it.

If the three days work for you, the full journal carries on from exactly where this stops.

A self-help record, not medical, psychological or financial advice, and not a diagnosis.
Interior written and laid out with AI assistance and edited by hand. Quotations are public domain.

Free for personal use. Please share the link rather than the file:
thejournalfoundryco.co.uk/journals/guilt/

How This Journal Works

Guilt is a signal about behavior, not a verdict on your character. This journal treats it that way: as information you can act on.

Each day you'll do three short things:

1. A Daily Guilt Check — what happened, and who it affected.
2. A Guilt Intensity Score (1-5) — to track whether it's easing.
3. A line for your Amends Ledger, if a repair is possible.

Day 10 and Day 20 are Checkpoints: you'll look back at your Ledger and your scores before continuing.

Not every guilt calls for repair. Some calls for release instead. The Release vs. Repair page near the end will help you tell the difference.

Guilt vs. Shame

These two feelings get confused constantly, so it's worth being precise about the difference:

GUILT says: "I did something bad." It points at an action.

SHAME says: "I am bad." It points at your identity.

Guilt is workable — you can make amends, change the behavior, or consciously let it go. Shame resists this, because there's no action to fix an identity.

If you're working through this alongside The Shame Journal, use that one when the thought is about who you are, and this one when it's about what you did. Many entries will belong in both — that's expected, not a sign you're doing it wrong.

A running log across all 30 days. When a day's entry points to a possible repair, add one line here. Return to it at your checkpoints and on Day 30.

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— William Shakespeare, *Macbeth*, Act V, Scene I

“He did not know that the new life would not be given him for nothing, that he would have to pay dearly for it, that it would cost him great striving, great suffering.”

“That which he desired to blind was staring him in the face—his conscience. His conscience; that is to say, God.”

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THAT WAS THE FIRST THREE DAYS

The rest of The Guilt Journal

30 daily guilt checks, the Amends Ledger, checkpoints on day 10 and day 20, and the Release vs. Repair page.

A few days of this is a sample. The part that changes anything is keeping it going long enough for the record to mean something, and that is what the checkpoints and the closing pages are for.

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How it works

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Questions, or want it for a team? Write to kzukas@thejournalfoundryco.co.uk. One reply, from a person.