## GUILT OR GRATITUDE

## How to Detect if You are Motivated by Guilt or Gratitude

Here are five red flags that your gratitude may, in fact, be guilt informed:

## **GRATITUDE SAYS**

I OWE YOU.

I HAVE TO . . .

THEY WILL BE MAD . . .

I SHOULD . . .

I DON'T DESERVE THIS . . .

## **GRATITUDE SAYS**

I APPRECIATE YOU.

I AM HAPPY TO ...

THEY WILL UNDERSTAND.

I GET TO ...

THANK YOU.

Taken from *Courage and Confidence:* A *Bold Guíde to Unboxing Who You Were Created to Be* by Nicole O. Salmon © 2023. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.