

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.