

Guilt Trip Tactic

Shouldn't we have a right to have desires and express our pain without being encouraged to feel guilty?

By Carol Thomas

How dare I be upset with the way my life is going? This is the guilt trip I tell myself. We are taught at an early age to feel guilty about feeling as if there should be more. As a kid, I was told, often when I wanted something else besides the meal I was given, "There are kids with nothing to eat, so be grateful." So, I learned wanting more meant not being grateful. What if, I were told, "Eat that for now, and later we will work on getting you what you want to eat." I wonder if those words would have taught me that what I desire matters and there is always the possibility to obtain what I desire. That lesson of being grateful for what I want because there is always someone in a worse situation is the way I think now. Isn't everyone's worse situation their worse situation for that moment in their life. This could be my worst. It isn't to compare or diminish anyone else worse. Life is a roller-coaster of comparable worst moments. I believe we are all entitled to desire more without having to be guilt tripped. We are all entitled to feel as if we are having a bad day, a bad moment, at our own rock bottom, and heard without the comparison to someone else's pain. I don't believe guilt adds to our humanity. I believe it only adds to the pain. I believe that if we are heard in that moment of wanting more, having a bad day, feeling as if we are at our worst, it will make us feel seen, valued, and loved.