

# GUILT TRIP

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**Guilt** is what we face as we measure our performance against our new ideal standards. Our new value system measures parental abilities based upon a short term view, rather than the long term outlook we took when our children were with us.

**Guilt** is what we face when we consider what could have been if we could have taken that extra time to answer our children's questions more fully. It is that awful standard we use when we remember the selfish episodes when we took time for ourselves or other activities rather than play the game or spend more time with our precious children.

**Guilt** is the awful result that we face when we realize that we can never take back or undo any hurt we inflicted by our harsh words or unkind deeds. We forget that we are human and are entitled to make mistakes. Entitlement to deficiencies doesn't erase or reduce the ache you feel in your heart.

**Guilt** is the crutch we use to punish ourselves. We feel responsible for our inability to protect our precious children who were entrusted to us. Our proclaimed failure as a parent in our fundamental responsibility to provide protection spells guilt.

**Guilt** is something we should give up!!! We need to realize that most of our kids turned out pretty good, so we must not have been such awful parents.

We must remind ourselves that guilt will not lessen our grief. Grief can only be decreased by time and work. We should evaluate our performance as we feel our children would have judged us. I am sure our children forgave our prior errors and continued to love us.

If only they could tell us how they feel about us, our guilt would subside – at least until some event overpowers us and reminds us of our incomprehensible loss.

**Guilt** then is something we must learn to live with. It is our feeble way of trying to exercise control where we are totally helpless. It is our way of rebelling emotionally against the facts that we simply do not accept.