



## **GUILT, THE ULTIMATE MAGNIFIER**

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I have found over the years in working with people experiencing depression and anxiety that guilt has a sneaky way of weaving itself into the mix. People more than likely feel an extreme sense of guilt over feeling sad or worried about something. Often Christians will slip into the thinking of “if I had enough faith or trusted in God I would not be feeling anxious” or “if I was really living as a believer I would be experiencing joy in my life and not this sadness.” This kind of thinking spirals people deeper into the anxiety or depression that they are already legitimately experiencing.

In reading the Psalms it is safe to say that there were seasons where David experienced feelings of depression as well as anxiety. My hope is to encourage people to feel the freedom to acknowledge what they are experiencing and to let go of the expectation that if they were “doing things right” they would not feel sad or anxious. The removal of this kind of thinking can free us up to move forward. Guilt always magnifies and always keeps us stuck.