

EXERCISE

1. Which number on the continuum below best represents your CURRENT mommy guilt?

0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10

Use the following guilt guide:

1 = "Guilt, what guilt?"

5 = "Yes, I have guilt, but I can deal with it most of the time."

10 = "The guilt is unbearable."

2. Which number on the continuum below best represents the LEAST guilt you remember feeling?

0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10

Use the following guilt guide:

1 = "Guilt, what guilt?"

5 = "Yes, I have guilt, but I can deal with it most of the time."

10 = "The guilt is unbearable."

3. Which number on the continuum below best represents the MOST guilt you remember feeling?

0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10

Use the following guilt guide:

1 = "Guilt, what guilt?"

5 = "Yes, I have guilt, but I can deal with it most of the time."

10 = "The guilt is unbearable."

SCORING AND REFLECTION

There is no specific scoring for this exercise. Whatever numbers you selected undoubtedly puts you in good company with many other working moms. The purpose of this exercise is to highlight the range of your guilt and to remind you that mommy guilt often fluctuates over time.

- How does your current level of mommy guilt numerically compare to the most mommy guilt you've ever experienced? To the least mommy guilt you've ever experienced?
- Is there a significant difference in your scores between your most and least guilt, or is your level of mommy guilt fairly consistent over time?
- What specific factors trigger mommy guilt for you?
- What successful strategies have you used in the past that can help minimize or reduce any mommy guilt you may be currently experiencing?