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Guilt

by Pauline Walden

I feel guilty, God knows, about all sorts of things, but not about what I now feel compelled to do, although I do have misgivings; I may not feel guilt now as I believe the action would be justified, but what will I feel afterwards?

I've come to realise the *feeling* of guilt is like a canker, corrosive, counter productive, potentially totally self destructive and have attempted to rationalise, approach the problem from a different perspective.

So, one has performed a despicable act; is one able, or willing, to make amends? If so, all well and good but one is still guilty of that act. However, that act is history, finished. Can *feeling* guilty change that?

Surely the trick is to separate the act from the subsequent feeling. Acknowledging guilt requires humility and determination to avoid future repetition. But what if one anticipates guilt before the act and still carries out that act? Foreknowledge requires a very different line of reasoning - and, potentially, carries a much heavier penalty.