

Guilt results to....

- **Nervousness**
- **Depression**
- **Defensiveness**
- **Suspicious of others**
- **Insomnia-sleeplessness**
- **Fear – panic**
- **Escapism –flight**
- **Insecurity**
- **Judgmental**
- **Lack of concentration**
- **Shallow Friendship**
- **Blaming others**
- **Self-condemnation**
- **Addiction**
- **Self-destructive behavior**
- **Human good works**
- **Religious sacrifice**
- **Search for Happiness**