

# No PhD Guilt

**So this is the worksheet you get to burn! If you want... PhD guilt is the least productive of all emotions, and it is time to let yourself off the hook. Take a quick (no need to dwell here) inventory of what causes you to feel PhD guilt, and once you're done metaphorically toss it in the bin, or the fire, or for real, if that sounds satisfying, and let it go.**

1. Do you suffer from PhD guilt? Any particular cause? Say: do you feel like you're 'not working enough?', 'not making enough progress?', are 'behind?' Write fast and list everything that comes to mind. Let's get it out of your system.

