



**Get off the Cross, I Need the Wood**

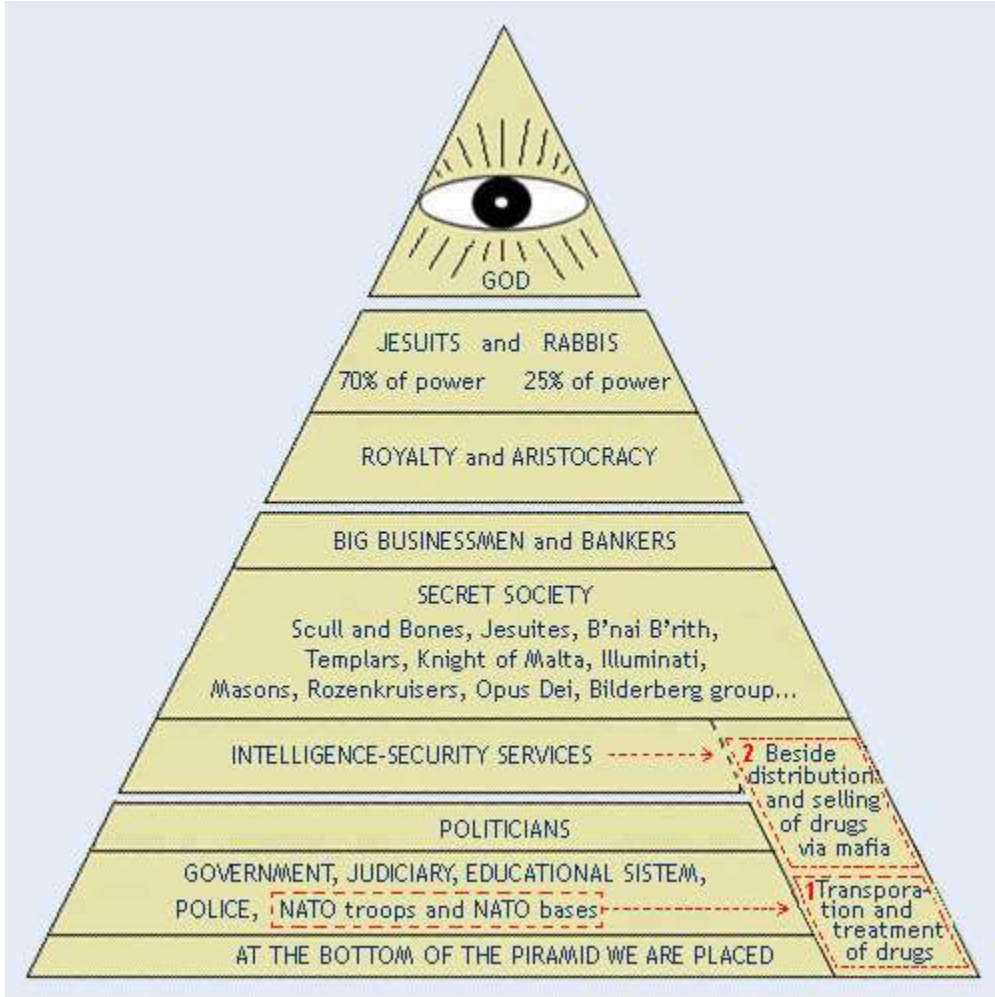
**Dan Zornizer**

**Get off the Cross, I Need the Wood**

**Jesus Carried the Cross,  
What Are You Carrying, Guilt?**



**Drop the Wood, I Need to Light a Fire**



**The Jewish Pyramid, Looks Familiar?**

A book by Dan Zornizer

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## **Get off the Cross, I Need the Wood**

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## **Get off the Cross, I Need the Wood**

Dedicated to the loves of my life, Mattia and Fabian

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Prologue

## Prologue

Definitions:

### GUILT-Noun

Informal. A feeling of Guilt or responsibility, especially one not justified by reality.

### GUILT-Verb

Informal. To attempt to install a Guilt tripping; play upon the Guilt feelings of.

According to the dictionary, Guilt is defined as a “feeling of responsibility or remorse for some offence, crime, wrong, etc., weather real or imagined”.

A Guilty conscience is just that, a component of a human conscience that condemns us for our thoughts, words and action. This innate ingredient acts as our moral judge and gets us to realize that we acted outside of our norm. This moral judge serves us well when we truly have fallen short but when it is just a misperception of something we did it can slow down our progress of life.

**Get off the Cross, I need the Wood**, is a book about Guilt, Remorse, Resentment, Fear, Religion, Guilt Trips, Sins, and much, much more

This book will take you thru a journey of information about our lives and about things we often don't know, don't ask or don't care about. Mainly because these are subjects that we would normally never think about.

Enjoy!

# **Chapter 1**

## **What's Guilt?**

Guilt is the fact of being responsible for the commission of an offence. It is also a cognitive or an emotional experience that occurs when a person realizes or believes, accurately or not, that he or she has violated a moral standard, and bears significant responsibility for that violation. It is closely related to the concept of remorse. A Guilty conscience results from thoughts that we have not lived up to our ideal self. Guilt feelings may also inhibit us from falling short of our ideal again in the future. Individual Guilt is an inner reflection on personal wrongdoing, while collective Guilt is a shared state resulting from a group, i.e. corporate, national, or community wrongdoing. "Guilt" is an obligation of a person who thinks that has violated a moral standard. In legal terms, Guilt is the fact of having been found to have violated a criminal law.

Group Guilt, like Guilt, is the unpleasant emotional reaction that results among a group of individuals when it is perceived that the group illegitimately harmed members of another group. It is often the result of "sharing a social identity with others whose actions represent a threat to the positivity of that identity".

Different intergroup inequalities can result in group or collective Guilt, such as receiving unearned benefits and privileges or inflicting more extreme forms of harm on an out-group (including genocide).

Individuals are usually motivated to avoid collective Guilt in order to maintain a positive social identity. There are many ways of decreasing collective Guilt, such as denying harm or justifying actions.

## Chapter 1-What's Guilt?

Collective Guilt can also lead to positive outcomes, such as promoting reconciliation and reducing negative attitudes towards the out-group.

There are several causes of Group or collective Guilt, group identity, collective responsibility, and perception of unjust in-group actions.

In order for an individual to experience collective Guilt, he or she must identify himself or herself as part of that in-group. "this produces a perpetual shift from thinking of oneself in identify in terms of 'I' and 'me' to 'us or 'we'.

Only when that individual is so imbedded within that group can they perceive responsibility for the harmful actions of the group, past and present. In addition to in-group solidarity, an individual will only feel collective Guilt if they view the in-group as responsible for the harmful actions done to the out-group. For instance, according to the American Mosaic Project, in two different cases "Black Disadvantage" or "White Privilege" when the term Black Disadvantage was used to describe racial inequality, while participants felt less collectively responsible for the harm done to the out-group, which lessened collective Guilt.

In comparison, when White Privilege was used white participants felt more collectively responsible for the harm done, this increased collective Guilt.

Lastly, an individual has to believe the actions caused by the in-group were unjustifiable, indefensible and unforgivable. If an individual can justify the actions of the in-group this will lessen the collective Guilt.

Self-conscious only when an individual views the in-group actions as reprehensible will that individual feel collective Guilt. Collective Guilt is not only a result of feeling empathy for the out-group. It can also be caused by emotion that stems from questioning of the morality of the in-group.

## Chapter 1-What's Guilt?

There are several methods for reducing collective or group Guilt. Some of these methods are denying the in-group harmful actions, defying responsibility, claiming actions by the in-group were just, focusing on positive aspects caused by the harmful action, and pointing out positive things in other areas to counterbalance the harm.

First by denying the in-groups' harmful actions, or downplaying the severity of the harm, the effect of collective Guilt is thereby lessened.

If the individual or group can neglect to observe the harm cause by their actions, either consciously or unconsciously, the individual will not feel collective Guilt. If a person does not feel that the in-group is responsible for the harm caused by actions, collective Guilt will be lessened. Additionally, if a person believes that only individuals are responsible for their own actions, and not a collective group, then they can deny the existence of collective responsibility, thereby reducing feelings of collective Guilt.

An individual can rationalize the actions of the in-group. If the individual believes that there were just reasons for the harm inflicted, collective Guilt is likely to be reduced. For example, out-group dehumanization is one effective means towards justifying the in-groups actions.

By focusing on the positive aspects of the in-groups actions rather than the harmful effects, collective Guilt can be reduced. For instance, an individual or group may choose to focus on the benefits of high levels of production and consumption, and not on its harmful effects on the environment.

A Guilty society is one in which the primary method of social control is the inculcation of feelings of Guilt for behaviors that the individual believes to be undesirable. As such it is opposed to a shame society.

A prominent feature of Guilt societies is the provision of sanctioned releases from Guilt for certain behaviors either or before the fact, as when

## Chapter 1-What's Guilt?

One condemns sexuality but permits it conditionally in the context of marriage, or after the fact. There is a clear opportunity in such cases for authority figures to derive power, monetary and/or other advantages, etc. by manipulating the conditions of Guilt and the forgiveness of Guilt.

## Chapter 2

### Different Guilt's

There are several kinds of Guilt. Let's examine some of them to see which ones we can relate to.

**Introspective Guilt:** This Guilt feeling is necessary for bringing awareness to our actions and making us realize where we fell short. It nags at us, giving us that strange feeling in the pit of our stomachs until we have corrected the problem.

Example,

You quit smoking; however you still hang around smokers, this it may not be possible to avoid; however it will still make it impossible to really give up that last cigarette. Therefore it causes **Introspective Guilt.**

**Perceived Guilt:** This is a false sense of Guilt for feeling responsible for something you didn't do. The negative emotion that surrounds you leaves you unable to forgive yourself for something you perceived you did that was wrong. It can lead us to feeling shame and worthiness that can result in depression and the inability to stay focused on what is important to you. This kind of Guilt has the power to destroy you and must be addressed at once. Your perception may be terrible skewed and getting some outside input can help in having a clearer perception on the issue.

Example,

Your young brother drowned in a lake during a summer vacation, you were there with him, and you felt you should have save him from this terrible ordeal. The fact is that you could not, not because you didn't want to, you just couldn't. Therefore it causes **Perceived Guilt.**



**Retrospective Guilt:** This Guilt can last for years to come and damage your psyche. It causes you to relive the past believing that there was something you should have done to prevent some previous event. This Guilt can cause you to lose self-confidence and self-esteem and interfere with your success. We all have experienced things in our past that we may not be proud of. Beating yourself up for something that happened in the past that may not even have been your fault is a waste of mental energy. Is this kind of Guilt haunting you? It may require the help of a professional to assist you in coming to terms with it. Example,

In many ways this is the same situation as **Perceived Guilt**, however it may take you to an extreme, where the Guilt is so great that suicide may be contemplated.

**Religious Guilt:** Fear of punishment from God results in strong feelings of Guilt. People with strong religious upbringing are conditioned to quickly feel Guilty for fear that they may have sinned. Some children were raised in a strict religious home. As they grew into adulthood, perception of normal things could get so skewed that they experienced unnecessary Guilt. This moral Guilt can affect one's emotional state of mind leading them to believe they are "bad", which is what most feel for many years.

Example,

Miss Sunday Mass, don't go to confession as often, don't pray by your bed before going to sleep. Question the Priesthood, etc., this turns out to be Religious Guilt.

The internal labeling can weaken the human spirit and result in feelings of shame. Objective professionals can help to remove many of these Guilty feelings created by the rules of the religion.

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