

Guilty Feelings

Trait Report

REPORT CATEGORY —



PERSONALITY

Sample Client

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Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

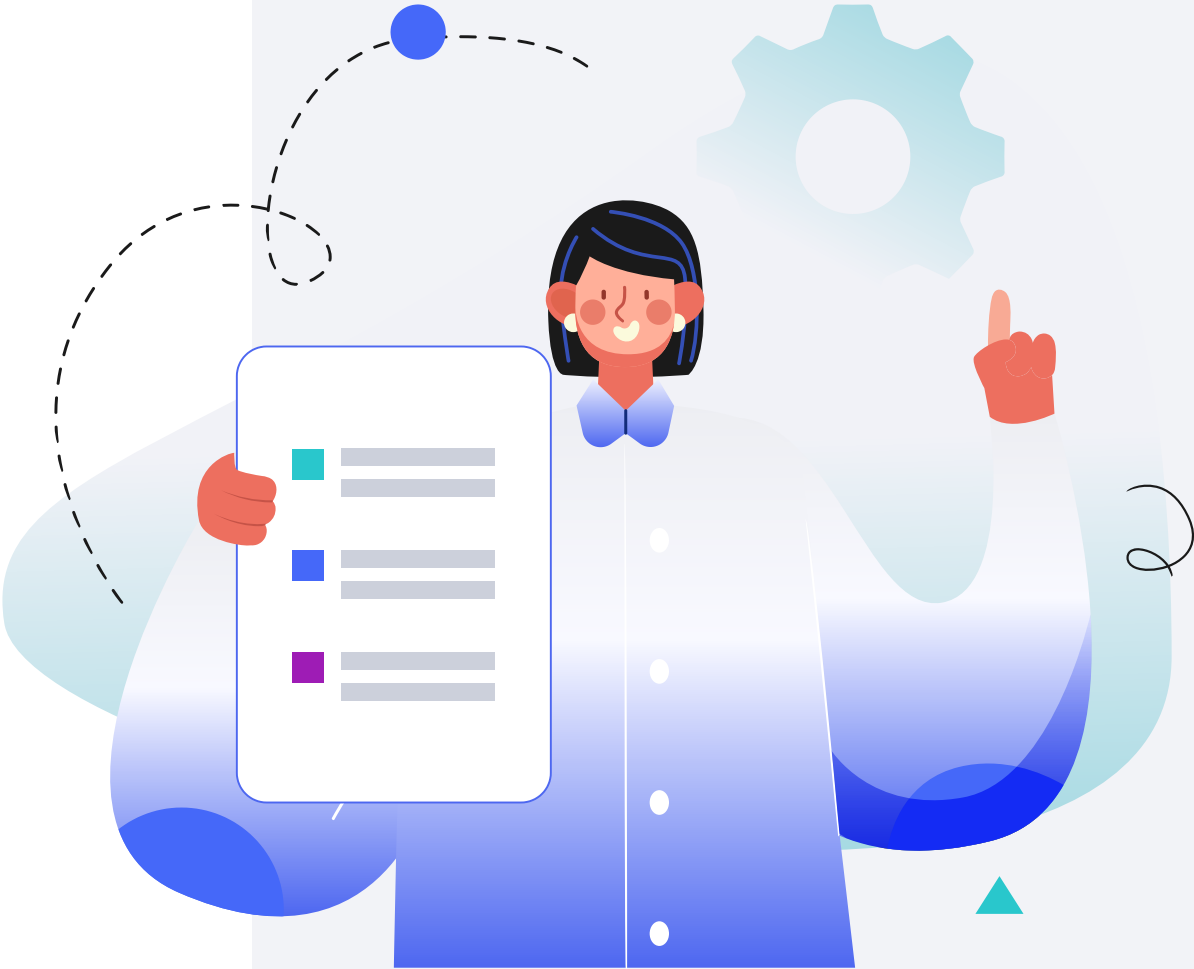
Male

HEIGHT

5ft 5" 165cm

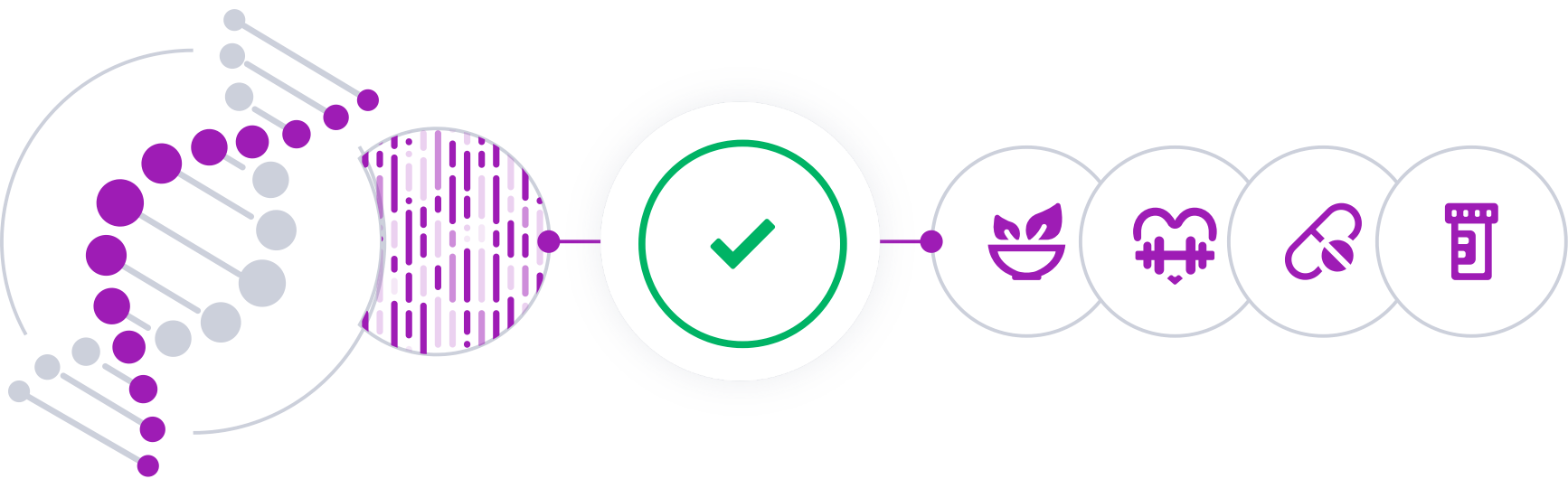
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

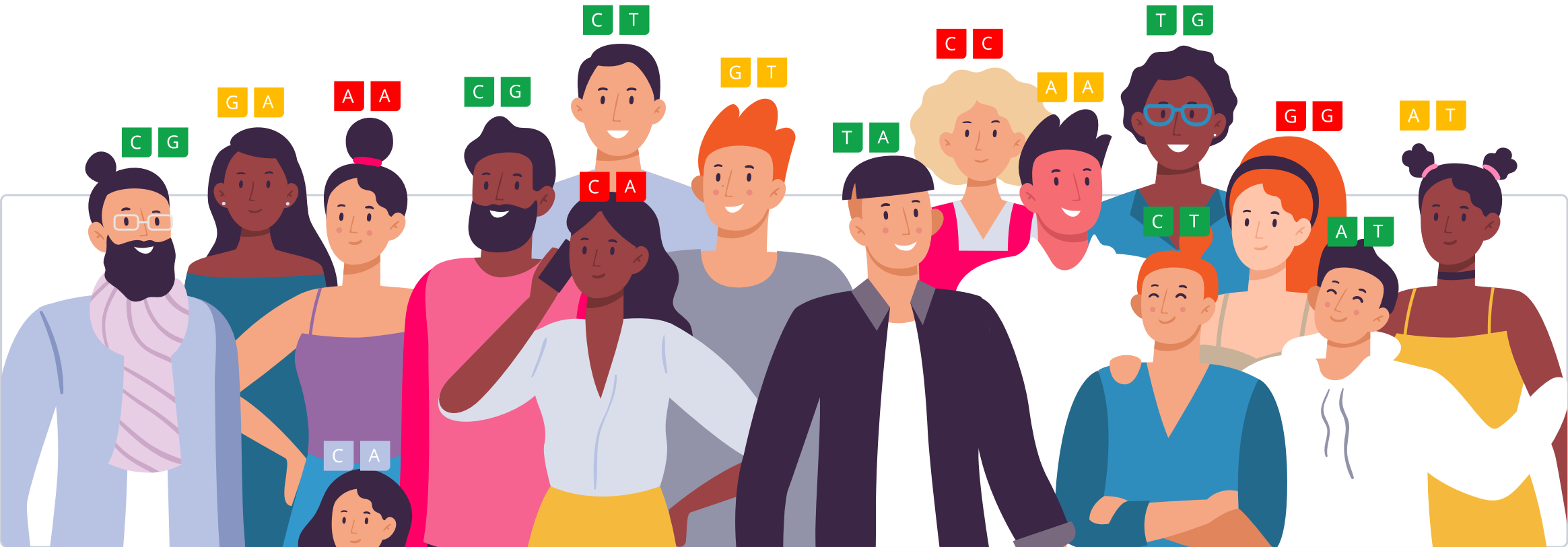


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

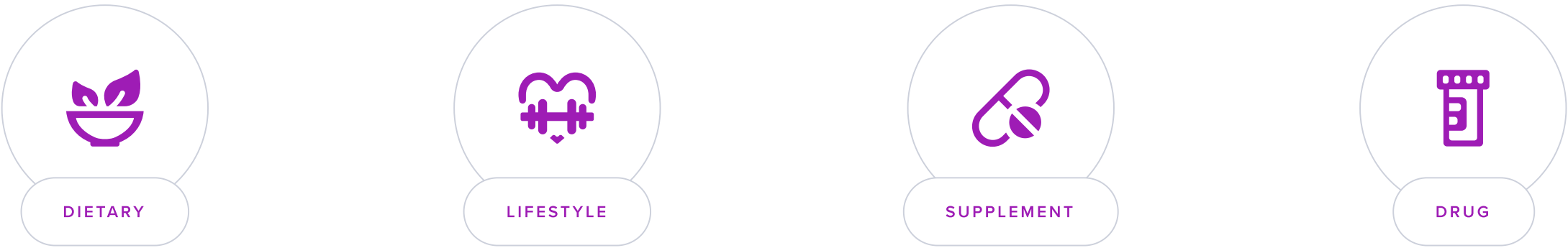
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Guilt is a negative emotion that arises **when you think you have done something wrong or failed to do something right**. The function of guilt is to **encourage prosocial behavior** and limit antisocial behavior [\[R\]](#), [\[R\]](#), [\[R\]](#).

Guilt helps us live and cooperate with other people, by motivating us to repair the damages we have caused and to avoid repeating similar transgressions. In other words, guilt often **helps us learn and do better in the future** [\[R\]](#), [\[R\]](#).

People can feel guilty for many reasons that breach their personal and societal moral code. Examples of common reasons for feeling guilt include [\[R\]](#):

- Telling a lie
- Not spending enough time with family members
- Behaving badly towards someone else
- Causing harm to another person
- Failure at something
- Not living up to one’s standards

Guilt is linked to feelings of shame and embarrassment, but there are important differences between these emotions. With shame, the blame is placed on the self, and with guilt **the blame is placed on the behavior**. Shame tends to drive one to withdraw, whereas guilt motivates us to **make amends and repair relationships**. Similarly, while embarrassment requires an audience or observer (real or imagined), guilt doesn’t require any. Guilt is a longer-lasting emotion which drives a person to take responsibility for their actions [\[R\]](#), [\[R\]](#), [\[R\]](#).

Guilt can vary greatly in its intensity and duration, from fleeting pangs of regret to enduring burdens that significantly impact one's life. **Chronic or excessive feelings of guilt** can be particularly debilitating. It can manifest with symptoms such as insomnia, loss of appetite, or gastrointestinal distress, and **lead to the development of mental health** conditions such as depression, anxiety, and compulsive behaviors [\[R\]](#), [\[R\]](#).

The **lack of guilt is a characteristic of antisocial personality disorder**. However, it does not necessarily correlate with a lack of morals [\[R\]](#), [\[R\]](#), [\[R\]](#).

Consequences and Management

PERSONALIZED TO GENES

Based on the variants we looked at, you have a typical likelihood of guilty feelings. However, the experience of guilt is strongly influenced by upbringing, cultural values, personal beliefs, emotional regulation skills, and psychological well-being.

Guilt arises **when you think you have done something wrong**. It often motivates us to repair damages and make amends, promoting **prosocial behavior** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Genes that have been linked to guilty feelings tend to **affect brain function** (e.g. *BDNF*, *MAOA*) [\[R\]](#), [\[R\]](#).

A lack of guilt can be related to psychopathic traits and antisocial personality disorder. Excessive guilt, on the other hand, has been linked to conditions such as depression, anxiety, and compulsive behaviors [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Treatment for excessive guilt may include therapy to dissect the root causes of guilt and **cognitive behavioral techniques** to reframe the thought processes and alleviate the detrimental effects of guilt on the overall quality of life [\[R\]](#), [\[R\]](#).



TYPICAL LIKELIHOOD

Typical likelihood of guilty feelings based on 7,287,400 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ARNTL	rs55769038	GG
ELAVL2	rs10119773	GG
H3C12	rs200988	TT
DRD2	rs12420205	TT
BTN3A2	rs9467707	GG
SLC17A1	rs9461218	GG
TTC12	rs10789942	AA
H4C13	rs149949	TT
ZSCAN9	rs6910838	CC
ZKSCAN4	rs1736904	GG
H2BC5	rs34961555	CC
TRIM39-RPP21	rs6986	CG
KLHL29	rs34657012	CA
GRIK3	rs681875	CA
CNTNAP5	rs780024	AT
UBXN2A	rs56343114	CC
UBXN2A	rs7569424	AA
UBXN2A	rs12616250	TT
HACE1	rs12528131	AA
CELF4	rs1557339	AA
CRHR1	rs77804065	CC
KANSL1	rs62062288	GG
H3C12	rs9366697	CC

GENE	SNP	GENOTYPE
KANSL1	rs4471723	CC
PRKCA	rs2109648	GG
ASTN2	rs35623509	GG
TLR4	rs524440	GG
WNT3	rs199525	TT
LRRC37A	rs2696532	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Psychodynamic Therapy	2	Guided Imagery30 minutes
3	Support Groups	4	Functional Relaxation20 minutes
5	Mindfulness30 minutes	6	Social Activity1 hour
7	Cognitive Bias Modification15 minutes	8	Relaxation Techniques30 minutes
9	Expressive Writing15 minutes		

1



Psychodynamic Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Schedule and attend weekly sessions with a trained psychodynamic therapist for a minimum duration of 6 months to several years, depending on individual needs and progress.

Description

Psychodynamic therapy is a form of psychotherapy that focuses on exploring unconscious thoughts and emotions to gain insight into a person's psychological issues and improve mental well-being.

Psychodynamic therapy is **a form of psychotherapy or talk therapy**. It focuses on conscious and subconscious feelings from past experiences and how they affect the patient [\[R\]](#).

Psychodynamic therapy can boost your mood and help build a more resilient personality [\[R\]](#).

How it helps

Psychodynamic therapy aids in alleviating guilty feelings by helping individuals uncover and process unconscious emotions and past experiences that contribute to these feelings. This enhanced self-awareness fosters emotional healing and promotes healthier coping mechanisms.

2



Guided Imagery

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R, R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

How it helps

Guided imagery helps alleviate guilty feelings by creating a mental space for relaxation and emotional processing, allowing individuals to confront and reframe their emotions. This technique can reduce stress and enhance coping strategies, leading to improved emotional resilience.

3



Support Groups

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Support groups facilitate a supportive environment where individuals experiencing guilt can openly share their feelings, reducing isolation and fostering understanding. This communal approach not only promotes emotional healing but also equips members with effective coping strategies to manage their guilt.

4



Functional Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Dedicate 15-20 minutes daily to practice functional relaxation techniques, which involve focusing on releasing tension in specific body parts sequentially, usually while lying down or sitting comfortably. This practice can be integrated into your daily routine, preferably in a quiet, distraction-free environment.

TYPICAL STARTING DOSE

20 minutes

Description

Functional relaxation techniques, such as mindfulness and deep breathing exercises, can help reduce stress and improve mental well-being. Incorporating these practices into daily routines may lead to better stress management and overall emotional health.

How it helps

Functional relaxation techniques, such as mindfulness and deep breathing, help alleviate guilt by promoting a state of calm, which can improve emotional regulation and reduce stress levels. This enhancement in emotional well-being can empower individuals to cope more effectively with feelings of guilt.

5

Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness therapy aids individuals with guilty feelings by fostering non-judgmental awareness of their thoughts and emotions, enabling better emotional regulation. This practice reduces stress and helps clients process their guilt more effectively, promoting overall mental well-being.

6



Social Activity

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Participate in group activities or gatherings with friends, family, or community members at least twice a week. This could include joining clubs, attending local events, or scheduling regular outings with friends. Aim for these social engagements to last at least an hour each time to foster meaningful connections and conversations.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in social activities, such as spending time with friends and family or participating in group events, can have numerous mental and emotional health benefits. It helps reduce feelings of loneliness, enhances mood, and promotes a sense of belonging and well-being.

Social activities involve physical and mental activities with others that you enjoy and find meaningful. There are plenty of ways to stay socially active and maintain social well-being as you age.

Research has shown that a socially active lifestyle [\[R\]](#):

- Makes you less likely to develop certain chronic conditions.
- May promote a longer lifespan.
- Can improve mood and mental health.
- Can improve memory and other aspects of cognition.

How it helps

Participating in social activities provides critical social support that can alleviate feelings of guilt by fostering connection and validating emotional experiences. This engagement can enhance overall mood and promote healthier coping strategies in those experiencing emotional distress.

7



Cognitive Bias Modification

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Engage in daily sessions of cognitive bias modification exercises for at least 15 minutes. These can involve computerized programs or mobile app-based tasks designed to alter negative thought patterns. Continue this practice for a minimum of 4 to 8 weeks to observe noticeable changes in thought processes.

TYPICAL STARTING DOSE

15 minutes

Description

Cognitive bias modification (CBM) is a psychological technique designed to change automatic cognitive biases or negative thinking patterns associated with mental health issues. It aims to promote more positive thought patterns and emotional well-being.

Cognitive bias modification (CBM), also known as Attentional Bias Training (ABT), is a computer-based therapy that teaches you not to focus on negative information [\[R\]](#), [\[R\]](#).

Some people pay more attention to negative information or are more likely to interpret neutral information as threatening. This increases the production of stress hormones and chemical messengers, like [adrenaline](#) and [cortisol](#). CBM aims to “re-train” this attention and interpretation bias [\[R\]](#).

How it helps

Cognitive bias modification aids individuals experiencing guilty feelings by restructuring negative thought patterns, fostering a more positive mindset. This therapeutic approach enhances emotional resilience and overall well-being.

8

Relaxation Techniques

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Relaxation techniques help mitigate feelings of guilt by lowering stress levels and enhancing emotional clarity, allowing individuals to gain a better perspective on their thoughts and emotions. This improved mental state can facilitate healthier coping mechanisms and emotional regulation.

9



Expressive Writing

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Set aside 15-20 minutes on 3-4 days each week to write about your deepest thoughts and feelings related to traumatic, stressful, or emotional events. It's important to find a quiet, private space where you won't be disturbed. This practice should be continued for at least four weeks to potentially begin noticing benefits in emotional well-being.

TYPICAL STARTING DOSE

15 minutes

Description

Expressive writing involves the practice of writing about one's thoughts and feelings to promote emotional processing and stress reduction. It has been shown to have potential psychological benefits, including improved mood and mental clarity.

Expressive writing consists of free writing about thoughts and feelings related to important [\[R\]](#), [\[R\]](#):

- Emotional issues
- Stressful events
- Traumatic experiences

It may include information about [\[R\]](#), [\[R\]](#):

- Childhood experiences
- Expectations
- Relationships with others
- The past, the present, and the future

After writing, the writer should reflect on their work [\[R\]](#), [\[R\]](#).

Expressive writing may be unpleasant at first, but it aims at improving your ability to cope with negative emotions [\[R\]](#), [\[R\]](#).

How it helps

Expressive writing facilitates emotional processing by allowing individuals to articulate and confront their guilty feelings, ultimately leading to improved mood and enhanced emotional clarity. This therapeutic outlet can reduce the intensity of guilt and promote psychological well-being.