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It goes a long way to being able to move past those feelings of guilt. You can think of real solutions. It's a subtle difference but it does end up having a huge effect 18 Tips to Overcome Guilt and Forgive Yourself I agree, no need to tell her. There's not much recourse for getting rid of the guilt though, I think. Just try to be as good a husband as possible. You will How Do I Deal with My Guilt - Family Life Today Guilt About the Past: Bernhard Schlink: 9780887849596: Books - Amazon.ca.