

The **POWER** of **REGRET**

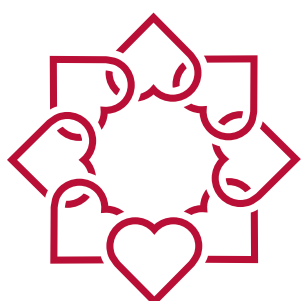
Throughout life, we are confronted with options. Because of these options or the choices made, you may experience regret.

The truth is that regret is stronger than gratitude but can work against us if we spend too much time dwelling or ruminating on the past. There is a real power in regret. It comes from allowing it to shape your world in the best way possible. That being said, there is a real power in regret and allowing it to shape your world in the best way possible.

Embracing the power of regret:

- 1. Let regret allow you to embrace gratitude and self-compassion.** Forgive yourself for imperfections or missteps. This gives you the opportunity to focus on growth and progress. Reframe the negative thoughts to growth and learning experiences.
- 2. Forgive yourself.** When you forgive yourself, you strengthen the part of the brain that allows for more positive thinking and gratitude. This gives you the opportunity to stay away from a “negativity bias.”
- 3. Set a timer to limit ruminating.** While we can’t change the past sometimes the growth comes in the rumination. If you can’t shake off a situation, give yourself a time limit. Set a timer with a hard stop time to move on and not dwell.
- 4. Find the opportunity for growth.** Don’t let “regret aversion,” dictate future experiences and the possibilities of growth and happiness. This gives you the opportunity of future experiences.
- 5. Focus on presence.** Situations cannot be undone but it can drive change to do something different next time. This gives you the opportunity to maintain a positive mindset.

Being able to use regret to make smarter decisions has the potential to bring greater meaning to our lives.



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