



Regret Reflection

Regret can stick with us and make us feel unworthy and sometimes angry or sad. Most of the time we chose not to do something because we were afraid, doubted ourselves, or it seemed too risky. This happens to everyone, yet when we hold on to the memory of not doing something it cannot only make us feel bad about ourselves, it can also stop us from doing something we really want to in the future.

Many times we may say "I wish this thing or that thing never happened," or "I wish I did this or did that" OR "If only this happened."

It is important to NOT turn your regret reflections into regret reactions, especially the kind of reactions that may cause even more regret.

Write out the answers to the following questions to help you let go of your regrets and let love in.

Write out in detail what you regret you did not do or what you wish did not happen:



FORGIVE YOURSELF

Forgiving others or yourself is not easy, yet this is one of your super powers. Everything you regret can be released if you can forgive. The best way to do this is to read your regret reflection 3 times. Add to it any details you may have forgotten, yet it is important to be honest with yourself about what happened versus what you made the situation mean, focus on only the facts. If you have finished your regret reflection you can then begin to write your forgiveness letter to yourself or write a letter to that person, place or thing that you need to forgive. After you have written the letter, go back and read it 3 times.



LET REGRET GO

MAKE SURE YOU COMPLETED THE FOLLOWING:

1. Writing out your regret reflection and checking to ensure you did not miss any details.
2. Reading your regret reflection 3 times.
3. Writing your forgiveness letter to yourself or that person, place or thing.
4. Reading your forgiveness letter 3 times.
5. DO THE FOLLOWING:

Write the following answer to these questions:

If I could let regret go and allow love to help me forgive how would I feel about myself?

If I could let regret go and allow love to help me forgive what would I now be able to do?

If I could let regret go and allow love to help me forgive how would that make me happier?
