

Letting go of Regret

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Regret

Dealing with regret can be difficult because we blame ourselves and feel helpless. We feel stuck in an endless loop of: "if only I had not done or said" Or "if only I had done or said..." Don't hate yourself for the choices you made that did not work out well. Allow yourself to feel the emotions connected with the regret and then forgive yourself.

risk regrets" if only I had taken the chance or played it safe". In the third category there are moral regrets, "if only I had done the right thing or not done the wrong thing ". Lastly there are connection regrets, "if only I had stayed in touch, apologized, not drifted apart".

The positive aspects that this research reveals are, that we



LOOK FORWARD
WITH HOPE.
NOT BACKWARDS
WITH REGRET.

You were trying to make the best decision at the time.

It is almost impossible to go through life without making some mistakes and wasting time blaming yourself is only prolonging your suffering.

Research suggests that regret falls into four main categories: There are foundation regrets related to career choices, education and health. There are

want to do right, we need stability, we learn and grow by taking some risks and we seek love and connection with others.

If painful past regrets are holding you back, forgive yourself. Life is a valuable gift and we are given a second chance every day. Try to look forward with hope and not backwards with regret.

Marie Wellness clinic

As you can see the theme this month is all about regret.

The feeling of longing and of not knowing what could have been keeps us stuck. Repressing the emotions connected with regret and trying to deny and avoid them does not work. It prolongs the suffering and can lead to depression.

You can release the feeling by showing yourself compassion and forgiveness. Allow yourself to learn from your past decision or indecision and let it go. You were trying to do the right thing at the time!

"Don't let regret take the place of your dreams"

Marie on 050 1087592

marie@mariewellnessclinic.com