

Regretful Feelings: True or Not True?

It's often hard to know whether feelings about incidents one regrets are based on truth, or what one believes to be true.

Respond below to evaluate your level of responsibility for what really happened.

The situation you regret and about which you feel guilt, sad, embarrassed, ashamed, angry, or afraid, is

Who else was Involved? _____

How much control did you have over the situation? _____

Were you really responsible? _____

What could you have done differently? _____

How can you forgive yourself and let it go? _____
