

### Reflection Exercise on Regret

- Pick a regret-something not too difficult or complicated.
- No need to share the specific regret. Rather, the emphasis is on how you handle the regret.
- Each take a few moments to think about how the regret comes when it comes?
- Is there a clear trigger? A pattern as to how and when regrets come up?
- What form does it take? Memory? Fantasy? A need to act? A bodily sensation? Try to see clearly how it manifests.
- As you think about it-what response comes up for you? Push it away? Face it head-on? Sit with it?
- Do you see a pattern? Something familiar about it?
- Do you notice phrases that signal regret: “if only,” “what if,” “I should have,” “I should not have, they should not have,” etc.
- Can you imagine bringing compassion and loving kindness to it?
- Any other observations?