

The Regret Solution

Handout 9.3: Transforming Unproductive Regret to Productive Regret

Yes, regret can be productive!

We can choose whether to learn from the past or to lament it. If regret robs you of happiness and life satisfaction, this worksheet can help you move past unproductive regret to productive regret.

Below, write down some of the unproductive regrets that hold you back in your life, and transform them into productive regrets. Make them a call for action.

Unproductive Regret	Productive Regret
Example: I regret my insensitivity to what my family needed from me.	I will work on being kinder and less judgmental toward my family and others in my life now. I will use these regrets to better myself.