

The Regret Solution

Handout 9.5: My Regret Log

For this log, think of a situation in which you were consumed with regret.

My Regret
Negative Emotions
Strength of Negative Emotions 1 2 3 4 5 6 7 8 9 10 Low High
Identify Negative Beliefs Underlying the Regret
Type of Cognitive Distortion (Thinking Error)
Certainty of Your Beliefs 1 2 3 4 5 6 7 8 9 10 Low High
Unhealthy Reactions in Response to the Regret
Cost/Benefit Analysis of Holding On to the Regret Costs: Benefits: