



The Pain of Regret

By [Maureen Keyte](#) | Submitted On July 04, 2012

Have you ever had the gut-wrenching feeling of wanting something in the past to be different than it is? Did you experience the endless barrage of thoughts running through your head about why you acted a certain way when you knew you shouldn't have? Even if you weren't totally conscious at the time, some part of you knew that whatever you were doing didn't feel quite right. If only you could go back in time and decide differently, you wouldn't be left with the consequences and the emotional pain that is taking its toll on your heart and your mind.

You face so many decisions in every area of your life on a daily basis and the regret of making a decision that backfired - whether it was taking a job that wasn't right for you; drinking too much; spending money you don't have; saying something that you can't take back; staying in a relationship with someone who keeps hurting you until you end up heartbroken or some other grief that could have been avoided if you made a better choice. These are all difficult situations to swallow once you see what happened and are now facing the dreaded "regret."

The truth is whatever you did is done, and there is nothing gained in the mental suffering of wishing it could change. I'm not saying you can just forget about it, especially if you made a mistake or hurt someone and you need to make amends. Remorse and making amends are sometimes necessary; but guilt and wallowing in regret just keep you stuck in the agony and unable to learn and grow into a better person.

Mistakes are a part of learning life's lessons. However, if you are going round and round with the same issue and you are making the same mistake repeatedly, then there is something that needs to be uncovered in your mind before you can stop the behavior.

The problem is sometimes setting yourself up to get hurt is an unconscious pattern. If you have negative beliefs about yourself, then you could be unknowingly creating circumstances to confirm them. If you have some hidden feeling of unworthiness, it is possible that you are creating the exact situations in your life to prove that you really are undeserving, bad or not good enough. The power of the subconscious mind is that strong. It takes real work to turn it around.

Instead of asking yourself: how could I have made that mistake? Ask yourself: what was the lesson I needed to learn? Use the pain and shame you are feeling as a catalyst for change. Look deep within yourself to find the core beliefs that are making you unhappy.

Self-awareness, WITHOUT self-criticism and judgment, is the key to healing and discontinuing unhealthy decisions and behaviors causing you the pain of regret.

Article Source: https://EzineArticles.com/expert/Maureen_Keyte/1375991