

THE EXTRA POINT

BY JERRY ROBERTS



1693 What to do if You Have Regrets

Do you have any regrets in your life? I've had them, and everybody I've ever known has had them. Regrets comes from things we do and things we don't do. Things we say that we shouldn't say, and things we don't say when we should. I'm Jerry Roberts, and let's see if we can make peace with our regrets, next on the Extra Point.

Let me restate the earlier question. Do you have any regrets in your life?

The real issue with regrets is not that we'll have them, but how we'll deal with them.

If we continually focus on our past failures, missed opportunities, and generally wrong behavior, that can definitely have a negative impact on our future.

Or, the regret may have been something that somebody did to us that caused us trouble, or harmed us in some way.

"Man, I messed that up"..."I'm always screwing something up"..."What's wrong with me"..."Why can't I get anything right?" — and on it goes.

Here's the problem: We've never made peace with our regrets. We continually give new life to something that happened in the past often way in the past, and we relive what we wished we had never done or said. It's the same in the case of a regret over having been done wrong by someone.

These are bad movies and we keep playing them in our head, over and over. For some people, the replays become less frequent over time, but rarely stop entirely.

Most people just live with their regrets, and pledge not to relearn them. However, they usually revisit them because they've never made peace.

This is in two parts. First, regrets over things

you've said and done that involve others. We have the regrets because we have a sense of guilt and shame. Therapists will tell us that the better emotion is remorse.

Guilt and shame are legitimate to be sure, but don't help those impacted or relieve us of a continual burden.

Remorse hopefully drives us to take action. Here's what I mean:

- We admit our mistake and what it led to.
- We make amends to the person or people involved.
- We learn from the situation and do our best to avoid doing it again.

Admit it, fix it, learn from it. There's one more step: Get past it. Get rid of the guilt, but never forget the lesson.

Are there situations that you can't fix. Sadly, yes, and what I'm giving here isn't perfect. Hopefully, it will fit the majority of people who try it.

Are there people who can't get past the guilt. Again, yes. Perhaps therapy can help those whose burden exceeds their capacity to let go.

The second part of this is when someone has done you wrong, and you're harboring anger over it.

Let me say, up front, that again there are people who've had things happen to them that they cannot put behind them. I get it. Perhaps a good therapist can help reduce the pain.

For everyone else, there's a word that can help set you free: Forgiveness.

Until we forgive whoever did whatever to us, we'll be saddled with it. Events of the past will creep into our minds and take us to places we'd be better off not visiting. (Con't.)

Some people will say that they can't forgive or don't want to forgive.

In a Live2Lead event a couple of years ago, John Maxwell address this, saying something that deeply resonated with the audience. He said that the forgiving is not for the person who harmed us...the forgiving is for us.

The forgiving, if we take it to heart, relieves us of the desire to hate on someone.

Maxwell said that the other person may have long since forgotten about the whole thing and is not burdened at all by it; yet we've given it continual life in our head and suffer.

No, we'll never forget what happened. That being said, we'll never have any freedom from it until we forgive.

Regrets are event in our life, either done to us or caused by us. By releasing guilt the right way, and by forgiving, we and those around us can be better off as a result.

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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