

EPISODE 121: DEALING WITH LAST YEAR'S REGRETS

1. YOU ARE NOT ALONE

- Regret is the second most frequently mentioned emotion in the daily lives of people.
- It's a big club...everyone has regrets.
 - Should have said/not said.
 - Should have done/not done.
 - Should have attended/not attended.
 - Areas of regret: diet, career, relationships, laughter, risk-taking, saving/investing, education.
- Mark Twain: "A clear conscience is the sign of a bad memory."
- Welcome to the human race.
- Sorry, you may not be as special as you think. We all make mistakes.

2. LEARN THE LESSON BEFORE YOU MOVE ON

- Kristen Hadeed interview: She's incredibly open about her failures, she sees them as a series of lessons, and can tell the stories with delight
- Learn to look at your past regrets, not to endlessly find fault, but to extract wisdom for your future. Look for new insights on things to include or exclude in your future actions.
- What was your biggest regret of the last year? What was the lesson to be learned? What change can you make to prevent that regret from repeating itself? If you can answer those questions, it wasn't a failure—it was a life lesson.
- Extract wisdom for your future.

3. GET OVER THE MOMENT, GET ON WITH YOUR LIFE

- Bruce Grierson, in an article titled, *The Meaning of Regret*, refers to research by Amy Summerville from the University of Miami in Ohio. She runs the Regret Lab and explains that while everyone has some regrets, "Regret is only toxic when it becomes habitual. That is, when we develop the reflex to chew and chew on an unfortunate turn of events, like the cow on its cud, till there's not a lick of nutrition left in it."
- There is little value spending our life looking in the rear- view mirror so we can relive, recycle, and regurgitate a key event in perpetuity!
- Own it, yes. Accept it, yes. Deal with it, yes. But then move on!
- Can I look back with a kind heart? Self-forgiveness? A little bit of humor? Permission to be human? To fail? To make mistakes? To step in it? To still be on a learning curve of improvement?

4. DO A MENTAL SECURITY CHECK

- Cyber Security is the new domain of modern warfare. The relentless challenge is twofold: The first is to identify security threats that are *outside* our computer systems and keep them

out. The second is to identify those threats that are already *in our systems* so they can be discovered before they do serious damage.

- Check some of the mental software code you are letting operate in the privacy of your own mind.
 - Can you look at your past or some recent performance and extract the insights from the experience without beating yourself up?
 - Can you look back without slipping into thoughts of self-dismissal, self-defeat, or self-denunciation?
 - Can you look back without starting down the slippery slope of shame and blame?
 - Can you look back without being your own judge and jury that renders a “Guilty” verdict with no chance of appeal or reversal?
- If any of these four questions resonate with you, you might want to do a security sweep of your mind. There is some malware there that will stunt your growth and steal you joy.

5. LET GO, BEFORE YOU GO

- Release the parking brake.
- Break the pattern.

Get out of the cycle of looking at the reruns of your “less than ideal moments” and start embracing the positive aspects of who you are, what you will become, and what you will do.

Sources mentioned in this episode:

[Communication Guys Episode 117: Kristen Hadeed, “Permission to Screw Up: How I Learned to Lead by Doing \(Almost\) Everything Wrong”](#)

[Communication Guys Episode 118: Kristen Hadeed, “What You Thought You Knew About Millennials”](#)

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