

## High One - Unit Eight - Summary

We all make mistakes in life. We take missteps and fail. It's an essential part of human nature. As much as it might hurt, and as much as we might want to turn back, we should never regret the decisions we make, no matter what or where they lead us to in life. It's advised to stop regretting the past and start moving forward, but sometimes, overthinking about the past would paralyze and stick us to the past. Arthur Freeman and Rose DeWolf describe the techniques and provide exercises that will enable readers to actually "unblock" the past in their book titled "woul da/coul da/shoul da thinking."

The writers suggest noting down every exact condition we needed to get the desired result we regret. Writing down all the factors, we would notice that most of our expectations are unrealistic and out of our control. Imagine a mother who regrets missing her son's football match, in which her son got a leg injury. She starts nagging: "Why I missed the game?! ", "I could have prevented it! " etc. Did she really have the power to prevent natural accidents?!

David Burns, the psychologist, believes that listening to your voice could help you forget all the unrealistic guilty feelings mentioned above. He recommends a strategy in which you should write your regrets on a paper and read them loudly to yourself; this would lead you to a path in which you could recognize your illogic feelings. The next step is removing the regrets from your mind and start dealing with what you are facing today!



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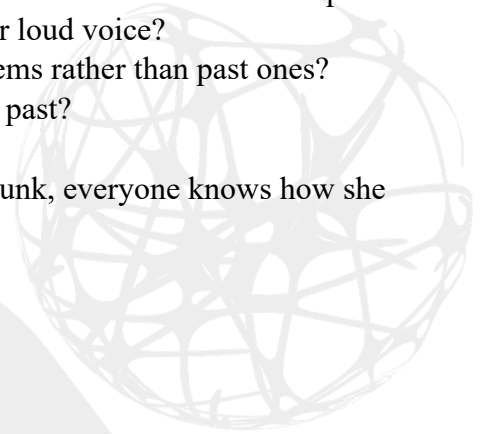
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- 1- What is your biggest regret, and why?
- 2- Is thinking about the past good/bad? Why?
- 3- What is Arthur Freeman's book about?
- 4- Can you control your past? Explain.
- 5- What is the impact of sympathy in our guilt feelings related to the bad events in the past?
- 6- Why could we obey ourselves when we are listening to our loud voice?
- 7- Why should we concentrate on dealing with present problems rather than past ones?
- 8- How could you examine your feelings of regrets about the past?
- 9- Are all kinds of regrets supposed as a foolish manner?
- 10- What does this Italian proverb mean? "After the ship has sunk, everyone knows how she might have been saved. "



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