

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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