

The Thread of Regret

By gently unraveling a regret to see what emotion it is wrapped around, you get an opportunity to shift deliberately, access a better-feeling emotion, regain perspective and choose to release it or not.

THE REGRET I WANT TO UNRAVEL...

What emotion(s) do I feel with it?

Am I willing to observe myself from a place of empathy?

yes
no

Have I felt this emotion before?

yes
no

Give the emotion it's own voice ...

The Other Side of the Thread

After settling on your emotion, take some time to look at it from the perspective of your loved one.

