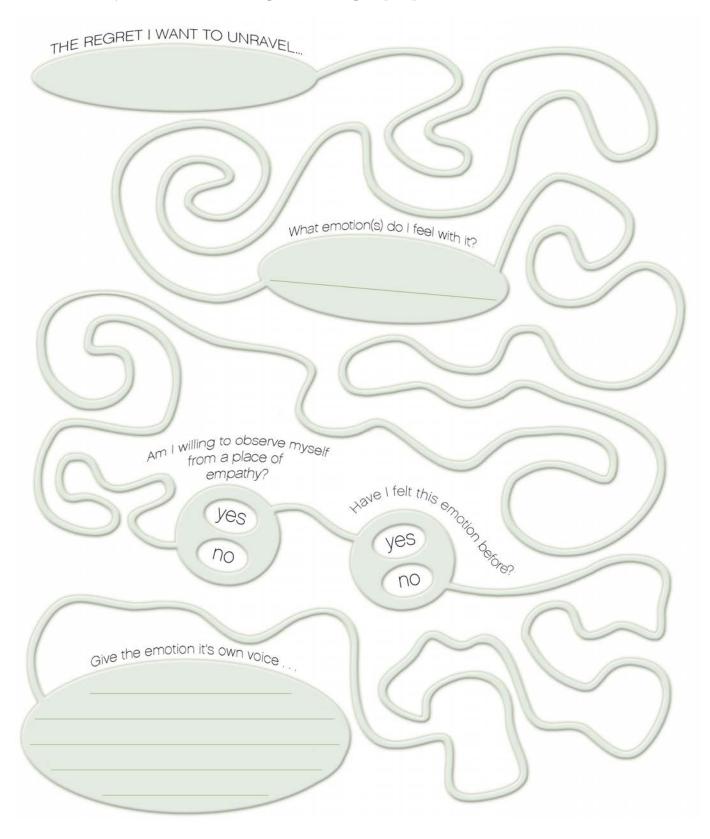
The Thread of Regret

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 Other Side of the Thread

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

