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[I Have Regrets](#)

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Regrets.?

Yes, I have many,  
But I don't bury myself in them.  
Instead, I take up the responsibility,  
learn and move on.

– AFROZ

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Regret comes in two varieties: The things you did that you wish you hadn't, and the things you wish you had done but didn't.. I don't know why so many people had such strong regrets living so close to the surface – but by the end of the evening, I felt I might have .... Keep in mind however that many Mom and Dads experience postpartum depression following the birth of a baby, get professional help if you think you might have .... I regret drinking too much that one night – you know the one I mean. I regret buying that stupid, overly-priced vacation package. I regret my college major. I regret .... Here are five lessons I wish my dear parents had learned before their lives were over, and it was too late. 1. Accept the reality of the thing you regret. The mistakes .... Over time I have found that one very effective strategy is to ask key questions. These help move people toward thinking and behaving differently about their regrets.. As much as you are aware that regret is a miserable place to hang out, you cannot seem to be free of it. But I have good news: Liberation from .... Regrets – I have many. You probably too. Some I can live with more easily. Others keep me restless and breathless, with a lump in my throat .... regret meaning, definition, what is regret: to feel sorry about something you have d. ... COLLOCATIONSadverbsdeeply/greatlyI deeply regretted what had .... I have no regrets and I take it all in stride. One of the most challenging times this year has brought me to face was the passing of my Uncle .... Feeling depressed? Learn to let go of past regrets. "People with severe life regrets had more cold symptoms, such as nasal congestion, coughs, .... You may know people who proudly declare that they've lived boldly and have no regrets. Believing that we shouldn't experience regret places us in double .... We wish we had been more confident. And by the way most of us have also met up with a bully in our work life. Maybe he was our boss. We .... “We think, 'Oh man I've got to do something about this; I have to make amends with someone else or make amends with myself,” says Davidai. By .... Why We Have Regret. By Leo Babauta. We've all heard the phrase, “No regrets!”, usually uttered when about to do something a .... Do you ever wish that you could go back in time and stop yourself from making that one, painful choice? I think most of us have felt this way. You' .... If you regret something that you have done, you wish that you had not done it. I simply gave in to him, and I've regretted it ever since. [VERB noun].. When I look back at some of the most painful moments of my life, I see myself sitting alone, feeling either immense shame or regret. It's bizarre how we can get so .... You don't need to feel scared of regrets—if you know how to cope. ... People love to say, "I have no regrets," but that's not very realistic and .... I would say Regrets maketh man. I believe that a life is perfect only when it has an equal blend of happiness and regrets. Imagine, you are having a re-union of ... c31619d43f

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