

Beneficial Regret

1. Write down an observation of an action that you took that you feel guilt about having done. Describe the action without evaluating the rightness or wrongness of it.
2. Notice and allow the feelings arising in you as you connect to having done this...
 - notice physical sensations...and allow;
 - notice emotions...and allow;
 - let any thoughts go...let the feelings be...
3. Consider what need you were trying to address when you did this (your positive intention). Write it down.
4. Consider what need is related to your feeling of guilt about how you acted in this situation, the need you wish you had considered, too, before you acted. Write it down.
5. Place the need from #4 in one hand. Savor the preciousness of this need.
6. Put the need from #3 in your other hand. Savor the preciousness of this need.
7. Slowly bring your two hands together at your own pace and then bring them into your heart and experience the felt sense of them together.
8. Remembering the circumstances in which you took the action, consider: what you could do in that situation might contribute to both needs being addressed?
9. When ideas arise, write them down. If none come now, sleep on it and see what arises.