

Letting Go of Regret

For this exercise, identify, acknowledge and address the areas of your life where you harbor resentment and regret. Regret paralyzes and debilitates. Regret is a root cause of emotional clutter. As you reflect, make note of those items and allow yourself to release yourself from the bondage of regret.

"Regret weighs you down. It is like overweight luggage on a flight and is a detriment to your healing and wellness"

~Sharhonda Ford, LCMHC

<p>Identify: What you regret</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Acknowledge: What impact it had</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Address: Is there a resolve</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Commit: I will choose the following</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Today, I give myself permission to let go of feelings of regret. I choose to accept mistakes as lessons and acknowledge, **I am no longer a hostage to regret. I am FREE.**

Signature

Date