



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

No Regrets

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From an early age we learn that mistakes are "bad"—our educational systems reward what's correct and upholds the notion that not living up to a certain standard risks failure and rejection.

We've all done things that are "wrong." We all stumble and fall, despite good intentions. Trying to avoid mistakes at all cost puts pressure on ourselves to perform to perfection—and making mistakes can make one feel extremely vulnerable.

When we've done something we regret, we often get stuck in a loop of limiting beliefs. The little voice inside us tells us that we aren't good enough, or don't deserve to be forgiven, happy or loved.

The more we acknowledge this nagging voice, the more normal and part of our identity it seems—a rigid part of us that is there for good. It eats away at our self-worth and well-being, preventing us from letting go and believing that we can move on.

When we're close to someone and can understand and empathise with them, it's often easy to forgive them for occasional mistakes. We trust and accept that maybe they didn't get it right this time, and don't usually judge their whole character based on this one failing.

Many of us don't support, love and forgive ourselves the same way. We identify with the mistake and criticise ourselves more than we do others. There may be people you can't forgive easily and therefore avoid. You can't do this with yourself—wherever you are, here you are.

Albert Einstein once said; "We can't solve problems by using the same kind of thinking we used when we created them".

By making a change in behavior, we learn to let go of regret consciously.

What many of us don't register—is that doing wrong and learning from mistakes is how we develop and grow.

If you'd known that behaving a certain way would cause pain to yourself or someone else, I'm guessing you probably wouldn't have done it.

And even if you knew you could be causing some damage or upset at that time, you probably didn't realise how much you'd regret it in the future.

We often make mistakes because we don't have the learning or wisdom needed at the time we made them. Most people do the best they can with the understanding and personal resources they have at the present time.

We have the opportunity to constantly change—and our past behaviour doesn't have to rigidly define us.

It's difficult to let go of regret if you've attached a certain belief about yourself to the mistake you made—such as "I deserve to be punished". First of all you have to **accept**