

Regret's Self-Inventory

by Carole Klein & Richard Gotti, Ph.D.

Regret, whether about you, your life or your spouse, can affect your life together. Can you release regret?

For each of the following statements, choose the number that best represents your response.

1 = Not at all 2 = Somewhat 3 = Moderately 4 = Very much

- ___ 1. I wish I'd taken more risks in life.
- ___ 2. I don't seek out enough new experiences.
- ___ 3. I feel I've wasted too much time.
- ___ 4. If I knew then what I know now, I'd have made some important choices differently.
- ___ 5. There are some crucial things I've left undone in my life.
- ___ 6. It's too late to make my life what I want it to be.
- ___ 7. I fantasize about what my life might have been.
- ___ 8. Things out of my control kept me from doing what I wanted.
- ___ 9. I wish I had the courage to be more spontaneous.
- ___ 10. I worry about what people think of me.
- ___ 11. I'm critical of myself for things I do.
- ___ 12. I wish I'd spent more time with good friends.
- ___ 13. I wish I hadn't so often done what was expected of me.
- ___ 14. I feel I've made too many sacrifices for other people.
- ___ 15. I wish I'd lived my life more independently.
- ___ 16. I feel cheated about not doing enough for myself.
- ___ 17. I've made too many self-centered choices.
- ___ 18. I've followed other people's values too much.
- ___ 19. I wish I'd gotten more information before making big decisions.
- ___ 20. I wish I were less impulsive in my decisions and actions.
- ___ 21. I agonize over decisions.
- ___ 22. I worry about decisions after making them.
- ___ 23. I think about the career I didn't pursue.
- ___ 24. I wish I'd balanced work and personal life better.
- ___ 25. I wish my career hadn't taken second place to personal obligations.
- ___ 26. I wish I'd taken more risks in career moves.
- ___ 27. I wish I'd tried harder in school.
- ___ 28. I wish I'd pursued my education during a different period of my life.

- ___ 29. I should have gone for a higher level of education.
- ___ 30. I wish I didn't feel responsible for other people's happiness.
- ___ 31. I wish I'd married earlier or later than I did.
- ___ 32. I wish I'd chosen my partner more wisely.
- ___ 33. I wish I had (or hadn't) ended my marriage.
- ___ 34. I wish I'd made different decisions about having children.
- ___ 35. I worry about the mistakes I made as a parent.
- ___ 36. I wish my relationship with my parents was better.
- ___ 37. I wish I'd worked harder at expanding my circle of relationships.
- ___ 38. I'm drawn to songs and stories of unrequited love.
- ___ 39. I wish I had expressed myself more in certain important relationships.
- ___ 40. I'm missing a really satisfying love relationship.

Inventory scoring

Add up your score. For every question unanswered because it doesn't apply to your life, add 1 to your total score. Find your regret level in the table below:

121-140: A high level of regret; requires working at some coping skills.

81-120: An overall moderate level of regret; may require some working on specific troublesome issues.

51-80: A low level of regret; either coping effectively or tending toward some denial.

50 and below: a likelihood that denial is covering awareness of regret. ♥♥

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