

## Regret

If you are feeling a sense of regret right now, that means that you feel that you have handled the situation wrong or handled it poorly. Your empowered self is using regret as a signal for you to understand what exactly made you react from fear, therefore out of integrity with your true self. Once you understand where that fear was coming from, what that was about for you that led you to act out of integrity. Then you're able to feel more empowered to get to the core of what really happened. So that it doesn't continue to impact you in the future where you have regrets again about being out of integrity. What your ego is going to have you do when you feel regret, you just have concern about acting out of integrity, what that means, and what people think. Your loving response, your empowered response is to first of all forgive yourself. To know that you are human. Part of our human experience is to learn, grow and evolve. It's that simple. We all have needs, our needs often get triggered in fear. So it's being compassionate about that, that that got triggered for you. Then it's time for you to take responsibility for yourself. That responsibility is not again by harboring on how you acted out of integrity, but more about understanding what triggered you to act out of integrity and understanding that. Then you can go back and apologize and work to resolve the situation by being vulnerable, by being open. By saying this is what got triggered and you can apologize then and move forward. In situations that allow that. I know there's some situations that the regret was a lost opportunity, you can't get it back. Even an experience that feels like a lost opportunity is not lost, because you learn from it. There was something that you gained that you're going to carry within you, that's going to allow you to act in even greater integrity, greater truth, greater power for the rest of your life. The key to regret is forgiving, but not forgetting. Really understanding those triggers that are waiting for you to claim more of your power, so you can act more from your truth, more from love, and more from empowerment.