

MY COPING SKILLS

regret



1.

Can you identify what happened that you are embarrassed of, or that you regret?

2.

Does it make sense for you to be embarrassed or regret what happened?

• Remember that it is ok to feel this way; we all make mistakes and no one is perfect.

3.

Is there any way for you to show that you accept responsibility for what happened, or can you find a way to solve the problem?

4.

Can you think of 2 people you would trust to share what is going on?

5.

If your feelings of regret and embarrassment are causing you emotional pain, try doing one or more of these things:

- Write down your thoughts and feelings in a journal.
- If possible, look for opportunities to right the wrong. Make apologies if necessary.
- Since you can't go back and erase what happened, think of ways that you can manage your emotions.
- Identify positive or reassuring messages that will help you to forgive yourself for what happened.
- Spend time around your friends and family to avoid isolating yourself or withdrawing.

*Remember: The key is to find several options that work for you in various situations. Sometimes, you need to switch up and try different coping skills to find one that works best.

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