

We all have little regrets..."I was foolish not to have...."..."I was stupid to have...." But much harder to face is something else we all have, viz. what I call life-regrets, self-disappointments so deep in feeling that it takes great courage to let them surface even in consciousness, to say nothing of in relationship with another and/or others....and that deep because their long radius swings as wide as our whole subsequent existence. Such self-disappointments, seen-felt as "sins of omission and commission," have the texture of irreversibility, the quality of destiny. Unfaced, unconfessed to self/God/other[s], they enervate, depress, disorganize, make for self-protective rather than open, trustful living--and therefore forbid play and joy and non-neurotic caring....Surfacing and dealing with these life-regrets is one objective of the so-called encounter movement....This thinksheet is an exercise in SELF-encounter. Use the other side for scratchings as you cogitate, then organize your thoughts on the following schema:

Yes, I have life^{re}-regrets, and I think there may be some paydirt in sifting them. I'm willing to stand the pain of looking at them, asking before God what effect they've had in my life and what if anything I should do about each now.

A. Life-regrets I frequently share with others:

B. Life-regrets I seldom share with others:

C. Life-regrets I've shared with only one other person:

D. Life-regrets I've shared only with God:

E. Life-regrets I've shared with no one, but often feel the hurt of:

F. Life-regrets I've been unaware of, or far less poignantly aware of, before doing this exercise:

Which life-regret(s) do you feel you should share in this [counseling or group] session?