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EMPOWERMENT



Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed

Dr. Gary Bell
Marriage Family Therapist



Dr. Gary Bell's Absurd Psychology
Tuesday at 11 AM Pacific
May 21st 2019: Regret: An Apologetic Life

Regret is a negative cognitive/emotional state that involves blaming ourselves for a bad outcome, feeling a sense of loss or sorrow at what might have been or wishing we could undo a previous choice that we made. For young people, regret, although painful to experience, can be a helpful emotion. The pain of regret can result in refocusing and taking corrective action or pursuing a new path. However, the less opportunity one has to change the situation, the more likely it is that regret can turn into rumination and chronic stress that damages mind and body. Tune in a learn about how regret can

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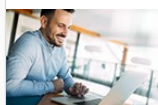
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