

Discussion Questions #13

Crippled by Regret

1. Explain the meaning of the Chinese Proverb that says, “The best time to plant a tree was 20 years ago. The second best time is now.”
2. What does it mean to have regret?
3. How are people crippled by regret?
4. How has regret crippled you in the past?
5. What were the reasons for your regret?
6. Do you continue to feel stuck in regret?
7. How can regret cripple the opportunities right in front of us?
8. How does regret impact your recovery and what you do today?
9. What are the things you wish you had done differently?
10. What things do you need to be doing differently today?
11. Have you done what you can to make amends to those who you have hurt and perhaps to even make amends to yourself?
12. Explain Carl Bard’s comment, “Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”
13. What have you learned from the past that will help you as you go forward?
14. How have you begun a brand new ending?