

## **First Aid: Regretted actions**

1. Look at what you have done. Really acknowledge it to yourself. Do not make excuses or justifications--these only make you feel worse.
2. How do you judge yourself for behaving in this way? How do you regard or judge anyone else who has done the same thing?
3. Forgive all others that you have judged. When you have done that, you will be able to forgive yourself.
4. Decide to change.