

## Overcoming Regret

A parent is continually confronted with ample life choices which leads to a pathway of possibilities. The decisions that a parent makes on a day-to-day basis, is followed by a positive or negative consequence. These consequences, in turn, bring forth one of two emotions, satisfaction or regret. While it is easy to show and boast when a satisfactory decision has been made, shame and guilt overwhelm a parent when there is regret. An unspoken truth in the world of parenting, is that parents find it difficult to speak about their failures. Yet, to move forward, grow and heal, those very things need to be addressed.

Though regret has become a word and emotion with a negative connotation, perhaps, viewing it with a different lens can assist in the learning process. A parent is quick to associate a mistake with failure, which leads to a state of regret and condemnation that prevents a parent from moving forward. In the business world, millionaire's and billionaire's see failure as a learning tool, an opportunity for growth. They don't stay imprisoned to the mistake, but rather find a solution to their problem. If more parents attributed the same mindset to their parenting, then more time would be spent moving forward and finding solutions verses staying stuck in the past.

In a fast-paced society, full of pressures to be a certain way and fit in, it becomes easier to go with the current. In order to make life easy, parents make decisions that end up costing more in the long run, which creates the perfect recipe for regret to come in. For instance, according to Caroline Miller from Child Mind Institute, giving into a child's tantrum, quickly becomes a habit for the child to act out to get what they want. While the initial response results in a quick resolution, continual behavior of that sort may lead to long term issues.

While it's common to stay fixated on the problem, and replay what could have been done differently, the better alternative is to see the problem for what it is. That constitutes addressing the root issue, finding the proper solution, and dealing with it quickly. Human nature is to feel shame, guilt, and condemnation when a mistake is made. It becomes easy to reclude oneself to avoid the problem and hurt. Yet, that only feeds and prolongs the problem furthermore. Handling the feeling of regret for what it is, an alert that something needs to be addressed, helps to bring a resolution to the problem.

As life shows, all actions lead to a positive or negative consequence. The consequences felt within the family dynamic, set the tone for the home environment. A positive consequence, such as a reward for good behavior, is important to notate because it expands on the concept that a consequence isn't always negative. Thus, this leads to a feeling of satisfaction both in the parent and child, a goal parents strive for. If a parent has it in the forefront, to count the cost of their parenting decision, the overall consequence might differ from that of dealing with a decision impulsively. This has the potential to create less work for a parent in the long run.

Overall, to deal with regret as an emotion that needs action, verses a state of being, will birth results. Vulnerability with a change of heart is key to setting the wrong thing right. When a child sees how a parent navigates a mistake, a failure, regret, condemnation, guilt, or shame, it sets a healthy foundation for the child to learn from and follow. Not all days may be good, but there is good in every day, remember that. Till next time..... Your Mommy-Friend, Denize Verduzco.