## Regret Questionnaire

Read each statement carefully and fill in the answer that best describes how you usually think or act. There are no right or wrong answers. Use the scale below.

1 = Very untrue of me  2 = Somewhat untrue of me  3 = Slightly untrue of me

4 = Slightly true of me  5 = Somewhat true of me  6 = Very true of me

1. I look back at my past decisions and feel concerned I could have made a better decision. _____
2. When I think about making a decision, I worry that I will be dissatisfied with the outcome. _____
3. Thoughts about past decisions seem to bother me a lot. _____
4. I often think about how my life would be better if I had made different decisions. _____
5. I often think I should have known better about past decisions I have made. _____
6. It's sometimes hard for me to decide because I think I will be self-critical if things don't turn out well. _____

**Scoring:** Add up your scores in the right column to get your Regret Score. Scores above 22 indicate somewhat of a tendency toward regret and scores above 26 indicate a strong tendency toward regret.

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