



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

REGRET

re·gret — *feeling sad, repentant, or disappointed over something that has happened or been done, especially a loss or missed opportunity.*

Why is it that we can be so offended and irate when someone hurts us, and yet repeatedly choose to torture ourselves, far worse than they possibly could, through repeated mental rehashing the incidences? We all make mistakes – some that have little to no lasting impact but some mistakes have big consequences, like not making the right decision and missing out on a business or financial opportunity, or haunted by not handling an important situation in a way that would have had a much

different outcome. We can't change the past, we can't undo what's been done, but we can focus on transforming the present that will have a positive impact on the future.

Studies show that regret not only robs us of energy and imprisons us in the past, but it can also make us sick. Symptoms of emotional distress due to regret have been found to:

- Disrupt your hormonal and immune systems which can lead to colds — or worse
- Nasal congestion, coughs, sneezing, fever and headaches
- Increase in feelings of hopelessness
- Difficulty sleeping and concentrating
- Obsessing or ruminating over regrets can also lead to depression and anxiety as you kick yourself over and over

Studies also show that the most common regrets are romance (topped the list), followed by regrets about family, education, career, finances and parenting.

Time for Change

It's time to change your strategy and get motivated to take action! Accept your imperfections, mistakes, forgive yourself, stop judging and beating yourself up because regret and resentment keep you a prisoner of negative thoughts and emotions.

The Art of Emotional Composure

When feelings of regret are robbing you of moving on – the answer to changing it is truly at your fingertips! Refer to the BASIC POWER TAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control – stop those feelings from controlling you and stealing your happiness and your ability to leave the past behind and go forward!

Robert Rudelic, BS, NMT, MES