

WORKING WITH MISSED OPPORTUNITIES AND REGRET

1. Think of a childhood hero or person who filled you with hope. What is it about them that gave you hope and comfort? Draw the character or person in the box.



2. Imagine a situation when you missed an important opportunity. It may be a constant aspect of your life (e.g. not having the career you want) or a specific event that left you feeling disappointed or resentful.
3. What feelings, thoughts and behaviours are present?
4. What is the most disturbing element of your experiences?
5. If you were to amplify it and really make it unbearable, what would that result in?
6. What are the aspects of your preferred life position in psychological games:
 - Who do you want to blame?
 - Who is the victim in the situation?
 - Who "needs" to save you / who do you "need" to save in this situation?
7. What was the ambience / atmosphere in your family of origin when things went wrong?
8. What aspects of these experiences are present in the missed opportunity?
9. What is your fantasy in regards to the situation?
10. What conclusions do you draw from the situation about:
 - Self
 - Others
 - The quality of life
11. Find a Parental figure / your hero that really comforted you when you were young.



12. In pairs act out the aspects of the situation. One person represents the disturbing aspect of the situation. The other person (meaning you!) becomes the Parent figure / childhood hero. It is your task to **DEFEND**, **SUPPORT** and **NURTURE** the disturbed part of you. Be creative, use your body, make sounds, speak and do whatever that expresses the **ESSENCE** of the protective Parent figure / childhood hero.
13. Reflect on the exercise.