

Regret Under My Skin 1

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Regret Under My Skin

Regret Definition & Meaning - Merriam-Webster

regretted; regretting 1 a : to mourn the loss or death of b : to miss very much 2 : to be keenly sorry for 3 : to experience regret regret 2 of 2 noun 1 : sorrow aroused by events beyond one's ...

52 Synonyms & Antonyms of REGRET - Merriam-Webster

regret 2 of 2 noun as in remorse a feeling of responsibility for wrongdoing she was consumed with regret for belittling him in public and felt much better once she had apologized Synonyms & Similar Words remorse guilt shame remorsefulness sadness repentance rue sorrow contrition grief penitence self-reproach apology anguish qualm contriteness blame

Regret Definition & Meaning | Dictionary.com

regrets, a polite, usually formal refusal of an invitation: I sent her my regrets a note expressing regret at one's inability to accept an invitation: I have had four acceptances and one regret ...

Regret - definition of regret by The Free Dictionary

To feel regret n 1 A feeling of sorrow, disappointment, distress, or remorse about something that one wishes could be different 2 A sense of loss and longing for someone or something gone or passed out of existence: "We have both had flashes of regret for those vanished, golden people" (Anne Rivers Siddons)

How to Cope With Regret - Verywell Mind

Feb 14, 2022 · Regret is defined as an aversive emotion focused on the belief that some event from the past could have been changed in order to produce a more desirable outcome 1 It is a type of counterfactual thinking, which involves imagining ...

The Psychology of Regret | Psychology Today

May 16, 2012 · Regret is a negative cognitive or emotional state that involves blaming ourselves for a bad outcome, feeling a sense of loss or sorrow at what might have been, or wishing we could undo a previous

Regret - Wikipedia

Regret is the emotion of wishing one had made a different decision in the past, because the consequences of the decision were unfavorable Regret is related to perceived opportunity Its intensity varies over time after the decision, in regard to action versus inaction, and in regard to self-control at a particular age

regret Crossword Clue | Wordplays.com

regret Crossword Clue The Crossword Solver found 60 answers to "regret", 4 letters crossword clue The Crossword Solver finds answers to classic crosswords and cryptic crossword puzzles Enter the length or pattern for better results Click the answer to find similar crossword clues Enter a Crossword Clue Sort by Length # of Letters or Pattern

Regret: What Is It and How to Deal With It - The Berkeley ...

Regret is a self-focused negative emotion about something that has happened or been done by us We feel bad because we did or didn't do something we believe we should or shouldn't have done Given regret involves acknowledging our role in our present circumstances, it also often includes self-blame (Roese & Summerville, 2005)

How to Get Over Regrets and Move Forward - Verywell Mind

Apr 13, 2022 · Imaging studies reveal that when we feel regret increased activity takes place in an area of the brain called the medial orbitofrontal cortex 1 Regret can have adverse effects on your mind Various psychological problems result from regret Repetitive negative thought patterns and constant rumination can lead to stress, anxiety, and depression