

## REGRETS

MOST OF US HAVE HEARD THE SAYING “there are two kinds of people in this world, those who learn from their own mistakes and those who learn from the mistakes of others.” I assumed that people who had lived between sixty-five and one hundred years would have many regrets and that there would be much to be learned from them. But I wasn’t looking for deep dark secrets and knew that not everyone would be completely forthcoming or willing to divulge their biggest mistakes and deepest regrets. This would be especially true of those who were interviewed with their spouse or another person present.

As it turned out, some people were willing to talk freely about many of their deepest regrets and mistakes. One lady said “my life is an open book so ask me anything you want.” Others spoke reluctantly of regrets and were hesitant to give much detail, and some others were guarded and offered little or nothing. One lady said she made lots of mistakes and had lots of regrets but was too guarded to say much about them.

Twenty percent of those interviewed either offered no response or said they had no real regrets. The reasons for this were varied. Some simply did not want to discuss them while others said they just took life as it came. One lady gathered no regrets because of her simple philosophy of taking each day at a time. “I did what I thought I should do and left it at that. No regrets.” A similar sentiment came from a lady who said “I don’t think about regrets; I just lived as I went along,” and a particularly happy person simply responded “I wouldn’t change a thing.” A response from one lady that was unintentionally comical was to repeat several times during the interview the reason she has no regrets, “I never drank, never smoked and I never swear.”

*“I did what I thought I should do and left it at that. No regrets.”*