

## **Matter of Attitude**

Not at all regret is destructive. In many cases negative emotions prompt us to take corrective actions. Some people try very hard to bury pangs of regret. But a better strategy is to learn from them. "Regret can enhance self awareness, and that helps you develop better coping and decision-making skill in the future.

One can offset regret by adopting this attitude "Yes, may be I did something stupid, but this is what I got out of it".

Instead of stewing in regret, think about the good things you got from staying on. Perhaps you develop skills you would not have otherwise, or made great connections you can now use to improve future prospectus. Focusing on the benefits will make you feel better about your choices.

Harish  
III semester MBA (BU)