

Forum:[Hack Forums](#)

Thread: [Haunted by regrets and mistakes](#)

Koyote - September 14, 2021, 4:03 am

I'm going through a random patch of negative thoughts at the moment, dwelling a lot on my past mistakes and things I should have done. Over the last few years, I've been trying to do more, be a better person, do more with my charity work and provide for low income families, but there's still this void that I'm struggling to fill and it stems from the past. What do you guys do to get out of these low moments? Just looking for some light in an otherwise dark tunnel that is today.

LM143 - September 14, 2021, 9:46 am

It's okay to feel that way and your sense of regret shows that you truly care about something you did or didn't do in the past. Sometimes you gotta just try to let things go after being so harsh on yourself. The present time is currently ticking away and you're stuck on the past. Let's write the future, not try to rewrite the past brother

Koyote - September 14, 2021, 2:33 pm

(Sep 14, 2021 09:46 AM)LM143 Wrote: [\[CITE\]](#) It's okay to feel that way and your sense of regret shows that you truly care about something you did or didn't do in the past. Sometimes you gotta just try to let things go after being so harsh on yourself. The present time is currently ticking away and you're stuck on the past. Let's write the future, not try to rewrite the past brother

Thanks man, really appreciate you taking the time to reply with this. You're right, I needed to see some words like that today and adjust some thinking. Thank you!

device - September 14, 2021, 2:56 pm

[Video: <https://www.youtube.com/watch?v=ZVCHP4rNUQ0>]

ThinWhiteDuke - September 14, 2021, 3:18 pm

@Dragonbreath9 wtf bro ?

I've got a few regrets about things I did in the past that keep coming back and haunting me but it does no one any good and we have to move on and accept what's done is done

I'm trying to live in the now and take the future as it comes

returnofdoob - September 14, 2021, 3:19 pm

See a therapist maybe it can help you in some way

Omniscient - September 14, 2021, 4:47 pm

We all have this issue. I read this two days ago.

https://getpocket.com/explore/item/the-biggest-wastes-of-time-we-regret-when-we-get-older?utm_source=pocket-newtab

Maybe that will help you. But I already know to forgive myself for making a mistake and to move on. That's not to say you don't learn and grow either. Simply means you don't dwell on it.

Lyralei - September 14, 2021, 4:51 pm

Don't worry OP, It happens to a lot of people I think, that's why some people drown themselves in alcohol to forget, but I think it would make you feel better to know that this is normal, we make mistakes since we're only human. live, learn and move on.

Bluffer - September 14, 2021, 4:53 pm

You can focus on the positives in your day to day, cut the negativity off.

Kriptik - September 14, 2021, 4:58 pm

Well as Omni said, we all have this issue (including myself).

What works for me might not work for you, but I noticed for myself that when I am with people I like to be around with and that I'm far away from the environment & people which reminds me of those negative thoughts I tend to be happy and just forget about all these negative thoughts.

Koyote - September 15, 2021, 2:50 am

(Sep 14, 2021 02:56 PM)device Wrote: [\[CITE\]](#) [Video: <https://www.youtube.com/watch?v=ZVCHP4rNUQ0>]

This came up on my recommended videos this morning, so I'll definitely check this out while I'm having lunch. Thank you!

(Sep 14, 2021 03:18 PM)ThinWhiteDuke Wrote: [\[CITE\]](#) @Dragonbreath9 wtf bro ?

I've got a few regrets about things I did in the past that keep coming back and haunting me but it does no one any good and we have to move on and accept what's done is done

I'm trying to live in the now and take the future as it comes
I'm not sure what that guy said, but I'm guessing it wasn't pleasant?

And yeah you're right, living in the now is the important thing and not dwelling, thanks!

(Sep 14, 2021 03:19 PM)returnofdoob Wrote: [\[CITE\]](#) See a therapist maybe it can help you in some way

I have considered this, I do think I have some unresolved stuff to work through, it's just every now and then I get hit with a wave of worry over it all. I'll think about it a bit more.

(Sep 14, 2021 04:47 PM)Omniscient Wrote: [\[CITE\]](#) We all have this issue. I read this two days ago.

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Maybe that will help you. But I already know to forgive myself for making a mistake and to move on. That's not to say you don't learn and grow either. Simply means you don't dwell on it.

Thanks for sharing this article, this is definitely what I need to get in my head right now. It's the dwelling on that I have trouble with for sure, it's this constant feeling of "if I could go back and change this" but it's a useless thought process really. I'll spend some time on this, thanks!

(Sep 14, 2021 04:51 PM)Lyralei Wrote: [\[CITE\]](#) Don't worry OP, It happens to a lot of people I think, that's why some people drown themselves in alcohol to forget, but I think it would make you feel better to know that this is normal, we make mistakes since we're only human. live, learn and move on.

This is true! It used to feel a little vindictive to be like "at least it's not just me" but it's just the nature of life I suppose, and it is always a little more comforting to know that. Definitely need to

move on from it!

(Sep 14, 2021 04:53 PM)Bluffer Wrote: [\[CITE\]](#) You can focus on the positives in your day to day, cut the negativity off.

This is true, I'm going to make a list of things to be positive about to remind myself not to keep dwelling on the negativity.

(Sep 14, 2021 04:58 PM)Kriptik Wrote: [\[CITE\]](#) Well as Omni said, we all have this issue (including myself).

What works for me might not work for you, but I noticed for myself that when I am with people I like to be around with and that I'm far away from the environment & people which reminds me of those negative thoughts I tend to be happy and just forget about all these negative thoughts.

This is a very good point, and ironic because last night I met up with a good friend of 20 years and spent a few hours hanging out and getting food. He's a good guy, but a lot of his humour comes from bringing up the past and laughing about the same things. It's a bit annoying sometimes and I think it stops us from moving forward as friends because we just end up stuck. I do think that I may need to put some distance between me and him because he's making me just focus on the same things over and over, and perhaps spend more time with other friends I haven't seen in a long time.

?nxy - September 15, 2021, 4:11 am

bro just try to live for today, every day. This helps me a lot.

One day at a time.

I-I - September 15, 2021, 8:15 am

It's never too late to start over and move forward. A lot of stuff that happens in the past stays in the past. Just gotta move forward and realize it's probably not as big of a deal as you're making it out to be.

de_g3ntl3m4n - September 15, 2021, 5:34 pm

I feel you on that level man, sometimes i try to discount myself with society and try to focus more on me. and by focus is yes look back at the past think about the present and see how my future looks like. Sometimes it helps other times i try to clear my mind and realize where i am in life, how I am feeling, what i am doing, and if anything is worth it anymore, then just accept that to this point of my life everything was a mess but this time just think about why it was a mess and try to make things better so my future can turn out the way envision it, just rember not everyones life is perfect, be a little humble with the things you got and set yourself up to be the best version of yourself, by using and dealing with the things you have now to create something you will be happy and most importantly proud about, and proud of yourself in the future. life is a bitch but dont let it rule you, you own your own life, things are tough but just like the seasons everything dies, and everything grows, and everything lives, its the circle of life. Seems like your past needs to die in order for you to grow, so then you can live. Head up high and shoulders back my friend

Honcho. - September 16, 2021, 9:11 am

Hey OP, you should give meditation a go if you had not already. You'll feel and understand that you are not your thoughts and that there is only the presence of now. It's really life-changing, first I thought it was only for hippies haha but it feels good :)

handres2018 - September 25, 2021, 1:44 pm

Hey bro keep you head up. Try not to dwell on anything in the past. Just know that everything happens for a reason.

n01039 - February 11, 2024, 2:43 pm

I had 12000 btc in 2010 and sold them the same year. Talk about regret

Koyote - February 12, 2024, 1:16 am

(Sep 15, 2021 04:11 AM)?nxy Wrote: [\[CITE\]](#) bro just try to live for today, every day. This helps me a lot.

One day at a time.

I had forgotten about this thread and neglected to respond while I was going through something, but thank you for the feedback, I can tell you it was very helpful during that period!

(Sep 15, 2021 08:15 AM)l--l Wrote: [\[CITE\]](#) It's never too late to start over and move forward. A lot of stuff that happens in the past stays in the past. Just gotta move forward and realize it's probably not as big of a deal as you're making it out to be.

So true, I had a recent period of similar thinking and you're so right, I have to remind myself sometimes that what I'm worried about has no relation or bearing on the present.

(Sep 15, 2021 05:34 PM)de_g3ntl3m4n Wrote: [\[CITE\]](#) I feel you on that level man, sometimes i try to discount myself with society and try to focus more on me. and by focus is yes look back at the past think about the present and see how my future looks like. Sometimes it helps other times i try to clear my mind and realize where i am in life, how I am feeling, what i am doing, and if anything is worth it anymore, then just accept that to this point of my life everything was a mess but this time just think about why it was a mess and try to make things better so my future can turn out the way envision it, just rember not everyones life is perfect, be a little humble with the things you got and set yourself up to be the best version of yourself, by using and dealing with the things you have now to create something you will be happy and most importantly proud about, and proud of yourself in the future. life is a bitch but dont let it rule you, you own your own life, things are tough but just like the seasons everything dies, and everything grows, and everything lives, its the circle of life. Seems like your past needs to die in order for you to grow, so then you can live. Head up high and shoulders back my friend

Great advice man, thank you. The seasons thing is a very good point I'll try to keep in mind, because so much can be likened to it and it just makes sense. Thank you again.

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I have tried it a bit, but I can't really get into it yet. I find that my mind either just goes off on something else entirely, or I'm too skeptical to allow myself to fully immerse in it. I'll give it another go at some point if I can get my mind under control better! Thank you for the feedback :)

(Sep 25, 2021 01:44 PM)handres2018 Wrote: [\[CITE\]](#) Hey bro keep you head up. Try not to dwell on anything in the past. Just know that everything happens for a reason.

Thank you man, appreciate that a lot!

(Feb 11, 2024 03:43 PM)n01039 Wrote: [\[CITE\]](#) I had 12000 btc in 2010 and sold them the same year. Talk about regret

Ouch, that sucks! Have you been successful in your investing/trading since? I hope you're doing well!

Jamika - February 12, 2024, 2:04 am

(Sep 14, 2021 04:03 AM)TheCuriousCoyote Wrote: [\[CITE\]](#) I'm going through a random patch of negative thoughts at the moment, dwelling a lot on my past mistakes and things I should have done.

Over the last few years, I've been trying to do more, be a better person, do more with my charity work and provide for low income families, but there's still this void that I'm struggling to fill and it stems from the past. What do you guys do to get out of these low moments? Just looking for some light in an otherwise dark tunnel that is today.

You just have to believe that it's all about fate, what got you can't miss you, and what missed you was never to reach you

You can't change the past, but still can change the future, forget all past and start now

n01039 - February 12, 2024, 7:19 am

(Feb 12, 2024 02:16 AM)TheCuriousCoyote Wrote: [\[CITE\]](#) I had forgotten about this thread and neglected to respond while I was going through something, but thank you for the feedback, I can tell you it was very helpful during that period!

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Great advice man, thank you. The seasons thing is a very good point I'll try to keep in mind, because so much can be likened to it and it just makes sense. Thank you again.

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Thank you man, appreciate that a lot!

Ouch, that sucks! Have you been successful in your investing/trading since? I hope you're doing well!

I was doing well in 2020, now I'm back to being broke and pretty much homeless despite higher than average income but life gives you a chance to make some great \$\$\$. I guess I'm just waiting for new chance and with all my current experience, I'm ready to capture it.

HeutycRD - February 12, 2024, 8:12 am

you should find something to calm yourself and relax

Monero-chan - February 12, 2024, 1:41 pm

Glad you decided to come back to this thread

Hope you're doing better about that stuff now