

Life Without Regrets...

Monday, 12 September 2005

I've heard from so many people that they live life without any regrets. For some random reason this morning, I asked myself - Is it possible to have no regrets? According to the dictionary.com, regret is a feeling of disappointment or distress about something that one wishes could be different. Doesn't everybody have a moment in life they wish could be different? If so, doesn't that mean everybody has regrets? Many would argue that past experiences make us who we are today and even the mistakes are worth making. That's living life without regrets. Then I ask - if you could take back a moment in your life, would you do it? If you answered "yes" then isn't that having regrets?

I'll admit that I have regrets. There are decisions I've made and actions taken that I would take back in a blink. Sometimes I even wonder if life wouldn't have been just a little more pleasant if some people hadn't passed through it. But then, whose life would I really be living?