

## Hind-Sight Worksheet

When we're depressed, we can often look back and ruminate on regrets about decisions we made or things we did in the past. We can get caught up in self-criticism and rumination, thinking "I really messed up that day. If only I had done something else, things could have turned out so differently".

However, we invariably make decisions and act on the basis of what we knew **at that time**, and we do the best that we can, knowing what we do or did know, **at that moment in time**.

With the benefit of hind-sight, knowing what we know **NOW**, we can all look back and think we could have done something better.

### AT THAT TIME

At that time, why did I make that decision?
At that time, what facts did I know? What evidence did I have?
At that time, did I know that I would feel like this, X years later?
At that time, could I have known what the outcome would be?
At that time, was there any indication that things would work out the way they did?
On a scale of 0 – 10, how good a decision was it, AT THAT TIME?
Summarise: (e.g. At that time, it was the best decision I could make)
How can I continue to remind myself of this now? (e.g. write down why I made the decision, at that time)