

# How to Forgive Ourselves for What We Can't Change

July 13, 2022

When we regret our past, it can feel like we're incapable of changing our future. But it may be our past "mistakes" that help us realize there is room to evolve.

In the finale episode of *How to Start Over*, we explore how regret can be a catalyst of change, what holds us back from self-forgiveness, and how to reconcile our past mistakes—and move forward for good. Conversations with Shai Davidai, an assistant professor at the Columbia Business School, and forgiveness expert Everett Worthington help us identify whether regret hinders our growth or serves as a catalyst of change.

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