

# What's Your Biggest Regret?

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## ***The New York Times:***

We all have regrets, but new research suggests the most common regret among American adults involves a lost romantic opportunity.

Researchers at Northwestern University and the University of Illinois at Urbana-Champaign collected data from 370 adults in the United States during a telephone survey. They asked respondents to describe one memorable regret, explaining what it was, how it happened and whether their regret stemmed from something they did or didn't do.

The most common regret involved romance, with nearly one in five respondents telling a story of a missed love connection. The second most common regret involved family issues, with 16 percent of respondents expressing regret about a family squabble or having been unkind to a sibling as a child.

Read the whole story: [\*The New York Times\*](#)