WHO IS YOUR "IDEAL SELF"?

NAME

DATE

HOW IS YOUR IDEAL SELF DIFFERENT FROM YOUR OUGHT AND ACTUAL SELVES? IDENTIFYING THAT GAP IS KEY TO AVOIDING REGRETS ACCORDING TO NEW RESEARCH.

The self we usually present to the world is the "actual self" or "ought self." These personas are the people we choose to be because we don't know how to move toward the self we long to be, or we are taking the actions that conform to what others want and society expects from us. Regrets of inaction around these selves usually create reparative behavior because they activate "hot emotions" that cause guilt, anger, and sadness that can be assuaged through apologies or compensatory behaviors, It is the regrets around actions not taken towards the "ideal self," though, that cause the greatest and most toxic long-term emotions and regrets, according to research by Shai Davidson and Tom Gilovich. They explain that it is easy to procrastinate and take no action towards an ideal self because there are no short-term consequences, and the "cool emotions" - a shrug of the shoulders or disappointment - are easy to push away. Take some time to describe in detail that "ideal self" you long to be without apologies or explanations. Just write!

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