

## Review Your Past For a Better Future: Critical Choices for Living a Good Life

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The only way to turn lockdown into an upturn is to have the courage to examine your life and make some changes. One wrong choice can lead to bigger mistakes until you reach a point of no return.

Misguided ambitions often lead to broken relationships and disillusion. Many people die with regrets because they never spent time doing self-reflection and making much needed changes. A time of disruption may also be a time of transformation.

The beauty of life is that you have the choice to heal unresolved shame, guilt, or anger and transform it into hope and joy.

There is power in reminiscence and life review (Birren & Cochran, 2001; Wong 1995, Wong & Watt, 1991). By exposing your past, you will be able to free yourself from whatever that binds you and make it possible for you to heal and re-write your life story.

If you want to live well in the age of COVID-19, take some time to examine your life and honestly answer the following questions with a Yes or No. Then reflect on your answers. These life review questions can fundamentally change your life:

(1) Do you regret making some bad choices in your desire to get ahead fast?	Yes / No
(2) Do you forgive yourself and resolve to do what is honorable rather than what is expedient?	Yes / No
(3) Have you done anything which you are proud of?	Yes / No
(4) Have you betrayed any of your friends or loved ones?	Yes / No
(5) Have you decided to ask for forgiveness and make amends?	Yes / No
(6) Have you missed good opportunities because you were afraid of taking risks?	Yes / No
(7) Have you ever done something courageous?	Yes / No
(8) Are you willing to step out of your comfort zone to pursue something you have always dreamt about?	Yes / No
(9) Have you been unkind to your loved ones or friends?	Yes / No
(10) Have you ever betrayed anyone who really trusted you?	Yes / No
(11) Have you ever helped anyone at a great cost to yourself?	Yes / No
(12) Have you ever loved anyone more than your own life?	Yes / No
(13) Have you ever fought for those who are mistreated?	Yes / No
(14) Do you regret choosing the easy path in life?	Yes / No
(15) Are you willing to die for a worthy cause rather than prolonging a meaningless existence?	Yes / No
(16) Do you count your blessings rather than complaining?	Yes / No
(17) Do you want to do things to improve yourself rather than just watch TV?	Yes / No
(18) Do you want to spend some time nurturing your soul in meditation or prayer?	Yes / No
(19) Do you believe that life is worth living in spite of all the problems and pains?	Yes / No
(20) Do you plan to be your best self rather than giving up on yourself?	Yes / No

## References

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- Wong, P. T. P., & Watt, L. (1991). What types of reminiscence are associated with successful aging? *Psychology and Aging*, 6(2), 272-279.