

# The Dangers of “Could Have”

## Application Guide

What was a time when you were plagued by guilt because of something bad that “could have” happened, but didn’t?

Why did you feel so guilty?

What lessons did you learn from the incident? Have you made changes in your life because of it?

Do you consider yourself to be wiser as a result of the “near miss”?

How does it impact you to consider responding to such “near misses” with gratitude instead of guilt?

