

1. General regrets

In general, how many regrets do you have about your life?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
None	8%	10%	6%	11%	7%	8%	3%	8%	9%	5%
A few	46%	46%	46%	40%	50%	44%	52%	45%	47%	44%
Some	29%	31%	28%	29%	23%	31%	35%	29%	26%	37%
A lot	14%	12%	17%	15%	18%	14%	8%	17%	14%	12%
Prefer not to say	3%	3%	3%	5%	2%	2%	2%	2%	4%	2%
Totals (Unweighted N)	100% (999)	100% (467)	100% (532)	100% (169)	100% (273)	100% (392)	100% (165)	100% (345)	100% (414)	100% (240)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
None	8%	7%	12%	8%	10%	5%	5%	11%	8%	6%	8%
A few	46%	47%	43%	42%	42%	48%	53%	39%	47%	46%	50%
Some	29%	31%	29%	20%	26%	33%	29%	33%	29%	27%	30%
A lot	14%	13%	9%	24%	22%	11%	12%	15%	13%	18%	11%
Prefer not to say	3%	1%	6%	6%	1%	3%	1%	3%	3%	3%	1%
Totals (Unweighted N)	100% (999)	100% (758)	100% (117)	100% (124)	100% (346)	100% (319)	100% (215)	100% (169)	100% (230)	100% (364)	100% (236)

2. Shame

How often do you remember something from your past and feel ashamed?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
At least every day	7%	8%	7%	10%	6%	8%	6%	8%	9%	5%
A few times a week	11%	12%	10%	16%	14%	8%	4%	13%	9%	11%
Once a week	8%	6%	10%	14%	10%	5%	4%	8%	9%	7%
Once a month	20%	22%	17%	24%	23%	15%	18%	25%	19%	15%
Once a year	23%	21%	24%	12%	18%	32%	25%	17%	25%	26%
Never	17%	17%	18%	7%	19%	19%	25%	19%	16%	18%
Not sure	14%	14%	14%	18%	9%	13%	18%	11%	13%	19%
Totals (Unweighted N)	100% (997)	100% (466)	100% (531)	100% (169)	100% (273)	100% (391)	100% (164)	100% (345)	100% (413)	100% (239)

	Race			Family Income			Region				
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
At least every day	7%	8%	6%	7%	11%	5%	5%	7%	6%	9%	6%
A few times a week	11%	11%	11%	8%	12%	10%	11%	7%	13%	10%	13%
Once a week	8%	8%	5%	12%	9%	7%	8%	9%	6%	10%	8%
Once a month	20%	18%	30%	20%	17%	21%	19%	24%	16%	18%	22%
Once a year	23%	25%	23%	14%	19%	25%	28%	22%	26%	23%	21%
Never	17%	17%	14%	22%	19%	18%	17%	25%	20%	11%	18%
Not sure	14%	14%	13%	17%	13%	12%	12%	7%	14%	20%	12%
Totals (Unweighted N)	100% (997)	100% (756)	100% (117)	100% (124)	100% (346)	100% (318)	100% (215)	100% (169)	100% (229)	100% (364)	100% (235)

3. Specific regrets – Family

How many regrets do you have about the following areas of your life?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
None	28%	32%	25%	24%	37%	26%	25%	25%	27%	35%
A few	38%	37%	40%	40%	30%	42%	41%	41%	38%	36%
Some	19%	19%	18%	20%	17%	18%	21%	18%	20%	17%
A lot	12%	9%	16%	13%	14%	13%	7%	14%	12%	10%
Prefer not to say	2%	3%	2%	3%	1%	1%	5%	2%	3%	2%
Totals (Unweighted N)	100% (988)	100% (460)	100% (528)	100% (168)	100% (269)	100% (390)	100% (161)	100% (341)	100% (410)	100% (237)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
None	28%	31%	24%	18%	29%	31%	29%	36%	27%	24%	31%
A few	38%	39%	37%	35%	29%	39%	46%	33%	42%	39%	38%
Some	19%	18%	22%	19%	22%	18%	16%	20%	16%	20%	19%
A lot	12%	11%	9%	24%	18%	12%	8%	10%	13%	13%	11%
Prefer not to say	2%	1%	8%	4%	3%	1%	1%	2%	2%	4%	1%
Totals (Unweighted N)	100% (988)	100% (752)	100% (114)	100% (122)	100% (341)	100% (318)	100% (214)	100% (168)	100% (226)	100% (360)	100% (234)

4. Specific regrets – Friendship

How many regrets do you have about the following areas of your life?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
None	31%	32%	30%	24%	30%	31%	42%	29%	30%	35%
A few	38%	35%	41%	31%	40%	42%	37%	39%	39%	38%
Some	20%	22%	18%	28%	16%	19%	16%	21%	20%	18%
A lot	9%	8%	9%	15%	11%	7%	2%	10%	9%	8%
Prefer not to say	2%	3%	1%	3%	2%	1%	2%	2%	3%	1%
Totals (Unweighted N)	100% (989)	100% (460)	100% (529)	100% (169)	100% (267)	100% (390)	100% (163)	100% (342)	100% (410)	100% (237)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
None	31%	32%	33%	26%	33%	29%	31%	37%	33%	25%	32%
A few	38%	42%	25%	32%	34%	40%	46%	30%	41%	42%	36%
Some	20%	19%	28%	18%	19%	23%	17%	23%	21%	19%	18%
A lot	9%	6%	10%	20%	11%	8%	5%	8%	3%	11%	11%
Prefer not to say	2%	1%	4%	4%	3%	0%	1%	2%	2%	2%	2%
Totals (Unweighted N)	100% (989)	100% (754)	100% (113)	100% (122)	100% (343)	100% (319)	100% (212)	100% (168)	100% (227)	100% (359)	100% (235)

5. Specific regrets – Romance

How many regrets do you have about the following areas of your life?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
None	24%	27%	21%	28%	23%	25%	20%	19%	25%	28%
A few	33%	29%	37%	28%	34%	32%	39%	37%	30%	34%
Some	21%	23%	20%	25%	19%	19%	27%	19%	23%	20%
A lot	19%	17%	21%	16%	21%	24%	11%	22%	19%	17%
Prefer not to say	2%	3%	1%	3%	3%	1%	3%	2%	3%	1%
Totals (Unweighted N)	100% (990)	100% (461)	100% (529)	100% (168)	100% (269)	100% (391)	100% (162)	100% (343)	100% (410)	100% (237)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
None	24%	25%	24%	17%	20%	26%	29%	30%	25%	26%	16%
A few	33%	36%	23%	26%	30%	33%	38%	26%	34%	31%	41%
Some	21%	21%	26%	20%	16%	26%	20%	25%	23%	17%	24%
A lot	19%	16%	24%	31%	30%	14%	11%	18%	15%	24%	17%
Prefer not to say	2%	2%	3%	5%	3%	1%	1%	2%	2%	2%	2%
Totals (Unweighted N)	100% (990)	100% (754)	100% (113)	100% (123)	100% (343)	100% (318)	100% (214)	100% (168)	100% (228)	100% (359)	100% (235)

6. Specific regrets – Work

How many regrets do you have about the following areas of your life?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
None	34%	32%	36%	35%	32%	32%	42%	28%	38%	33%
A few	34%	34%	33%	34%	35%	33%	33%	36%	31%	36%
Some	18%	21%	15%	14%	19%	19%	18%	19%	16%	19%
A lot	12%	10%	13%	13%	13%	14%	2%	13%	11%	10%
Prefer not to say	3%	2%	3%	4%	2%	2%	5%	3%	3%	2%
Totals (Unweighted N)	100% (990)	100% (459)	100% (531)	100% (169)	100% (269)	100% (390)	100% (162)	100% (344)	100% (409)	100% (237)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
None	34%	36%	30%	28%	39%	34%	28%	35%	40%	27%	39%
A few	34%	35%	34%	26%	26%	34%	45%	29%	31%	40%	29%
Some	18%	18%	19%	18%	18%	21%	16%	15%	19%	18%	19%
A lot	12%	10%	11%	24%	14%	9%	10%	16%	7%	12%	11%
Prefer not to say	3%	2%	6%	5%	3%	2%	1%	4%	3%	2%	2%
Totals (Unweighted N)	100% (990)	100% (754)	100% (114)	100% (122)	100% (344)	100% (318)	100% (214)	100% (167)	100% (227)	100% (360)	100% (236)

7. Specific regrets – Financial

How many regrets do you have about the following areas of your life?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
None	21%	21%	21%	26%	20%	18%	24%	16%	26%	18%
A few	33%	35%	32%	33%	34%	33%	30%	29%	35%	34%
Some	22%	24%	21%	19%	22%	22%	28%	25%	20%	22%
A lot	22%	18%	25%	19%	23%	26%	14%	29%	16%	24%
Prefer not to say	2%	2%	2%	3%	1%	1%	4%	1%	3%	2%
Totals (Unweighted N)	100% (988)	100% (461)	100% (527)	100% (167)	100% (269)	100% (391)	100% (161)	100% (343)	100% (409)	100% (236)

	Race			Family Income			Region				
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
None	21%	23%	15%	19%	23%	17%	25%	18%	28%	19%	21%
A few	33%	34%	30%	30%	25%	40%	39%	33%	30%	36%	32%
Some	22%	21%	24%	24%	22%	22%	21%	24%	21%	19%	27%
A lot	22%	21%	26%	23%	29%	20%	15%	23%	18%	24%	20%
Prefer not to say	2%	1%	4%	4%	2%	1%	1%	2%	3%	2%	1%
Totals (Unweighted N)	100% (988)	100% (752)	100% (113)	100% (123)	100% (342)	100% (318)	100% (214)	100% (168)	100% (228)	100% (357)	100% (235)

8. Specific regrets – Moral

How many regrets do you have about the following areas of your life?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
None	35%	34%	35%	30%	36%	37%	35%	35%	38%	28%
A few	41%	42%	41%	40%	43%	39%	46%	41%	40%	45%
Some	15%	15%	15%	19%	13%	16%	12%	15%	14%	17%
A lot	7%	6%	7%	8%	8%	6%	4%	7%	5%	10%
Prefer not to say	2%	3%	2%	3%	1%	2%	3%	2%	3%	1%
Totals (Unweighted N)	100% (986)	100% (462)	100% (524)	100% (168)	100% (266)	100% (391)	100% (161)	100% (341)	100% (409)	100% (236)

	Race			Family Income			Region				
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
None	35%	35%	40%	30%	36%	34%	39%	36%	35%	32%	37%
A few	41%	45%	23%	34%	36%	44%	39%	43%	42%	41%	40%
Some	15%	14%	21%	15%	17%	15%	14%	12%	16%	17%	14%
A lot	7%	4%	12%	16%	8%	6%	7%	7%	4%	8%	8%
Prefer not to say	2%	2%	4%	4%	2%	1%	1%	2%	3%	3%	1%
Totals (Unweighted N)	100% (986)	100% (751)	100% (113)	100% (122)	100% (342)	100% (316)	100% (213)	100% (167)	100% (227)	100% (357)	100% (235)

9. Decision

Do you think you generally make good or bad decisions?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Always good	3%	4%	3%	2%	5%	3%	2%	3%	3%	3%
Mostly good	66%	68%	64%	59%	53%	76%	75%	64%	64%	72%
About equal	23%	21%	25%	25%	33%	17%	19%	23%	25%	19%
Mostly bad	5%	4%	5%	6%	6%	4%	4%	7%	4%	3%
Always bad	0%	0%	0%	0%	0%	0%	—	0%	0%	0%
Not sure	3%	3%	2%	8%	2%	1%	0%	2%	3%	3%
Totals (Unweighted N)	100% (996)	100% (467)	100% (529)	100% (169)	100% (272)	100% (390)	100% (165)	100% (344)	100% (413)	100% (239)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
Always good	3%	2%	6%	5%	5%	3%	1%	2%	3%	4%	3%
Mostly good	66%	70%	53%	56%	54%	72%	80%	65%	72%	62%	68%
About equal	23%	22%	22%	31%	33%	22%	13%	23%	17%	27%	23%
Mostly bad	5%	4%	9%	6%	5%	3%	4%	7%	5%	4%	4%
Always bad	0%	0%	1%	—	—	—	0%	1%	—	—	0%
Not sure	3%	2%	9%	2%	3%	0%	1%	2%	3%	3%	1%
Totals (Unweighted N)	100% (996)	100% (756)	100% (117)	100% (123)	100% (344)	100% (319)	100% (214)	100% (169)	100% (230)	100% (362)	100% (235)