

1. Past

Which statement do you think better describes you?

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
I tend to dwell on the past	35%	31%	39%	42%	39%	31%	28%	36%	31%	32%	31%
I put the past behind me easily	65%	69%	61%	58%	61%	69%	72%	64%	69%	68%	69%
Totals (Unweighted N)	100% (1,990)	100% (954)	100% (1,036)	100% (355)	100% (489)	100% (839)	100% (307)	100% (1,400)	100% (244)	100% (215)	100% (131)

	Party ID (3 category)			Family Income (3 category)				Census Region				
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
I tend to dwell on the past	35%	39%	32%	34%	37%	34%	25%	35%	37%	40%	29%	37%
I put the past behind me easily	65%	61%	68%	66%	63%	66%	75%	65%	63%	60%	71%	63%
Totals (Unweighted N)	100% (1,990)	100% (768)	100% (741)	100% (481)	100% (951)	100% (542)	100% (227)	100% (270)	100% (358)	100% (447)	100% (727)	100% (458)

2. Have Regrets

Do you have many regrets, only a few regrets or no regrets?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Many regrets	15%	16%	14%	12%	21%	15%	9%	15%	14%	15%	16%
A few regrets	66%	66%	67%	65%	62%	66%	75%	69%	64%	57%	61%
No regrets	14%	15%	13%	17%	10%	15%	14%	13%	17%	17%	16%
Not sure	5%	4%	6%	6%	7%	4%	2%	3%	6%	12%	6%
Totals (Unweighted N)	100% (1,995)	100% (956)	100% (1,039)	100% (355)	100% (490)	100% (842)	100% (308)	100% (1,404)	100% (244)	100% (215)	100% (132)

	Party ID (3 category)				Family Income (3 category)				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Many regrets	15%	16%	16%	13%	17%	13%	16%	10%	14%	15%	14%	17%
A few regrets	66%	67%	63%	73%	63%	71%	69%	67%	68%	69%	67%	62%
No regrets	14%	12%	17%	12%	15%	14%	15%	13%	16%	12%	14%	13%
Not sure	5%	6%	5%	3%	5%	2%	0%	10%	2%	3%	5%	8%
Totals (Unweighted N)	100% (1,995)	100% (769)	100% (745)	100% (481)	100% (953)	100% (543)	100% (227)	100% (272)	100% (359)	100% (448)	100% (729)	100% (459)

3. Biggest Regrets

Thinking about your biggest regrets, do they tend to be things you have done or things which you did not do?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Things I have done	38%	38%	38%	43%	41%	35%	34%	40%	33%	35%	31%
Things I did not do	47%	47%	46%	44%	40%	48%	56%	46%	51%	41%	51%
Not sure	15%	15%	16%	13%	19%	17%	10%	13%	16%	24%	18%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(1,993)	(954)	(1,039)	(355)	(490)	(841)	(307)	(1,401)	(243)	(217)	(132)

	Party ID (3 category)				Family Income (3 category)				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Things I have done	38%	38%	36%	42%	40%	39%	37%	31%	38%	39%	38%	37%
Things I did not do	47%	49%	46%	45%	45%	49%	53%	45%	46%	48%	46%	47%
Not sure	15%	13%	18%	13%	15%	12%	10%	24%	16%	14%	16%	16%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(1,993)	(766)	(747)	(480)	(953)	(541)	(227)	(272)	(356)	(448)	(731)	(458)

Interviewing Dates	January 9 - 11, 2016
Target population	U.S. adults, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by age, gender, race, education, and region) was selected from the 2010 American Community Study. Voter registration was imputed from the November 2010 Current Population Survey Registration and Voting Supplement. Religion, minor party identification, and non-placement on an ideology scale, were imputed from the 2008 Pew Religion in American Life Survey.
Weighting	The sample was weighted using propensity scores based on age, gender, race, education, voter registration, and non-placement on an ideology scale. The weights range from 0.176 to 4.182, with a mean of one and a standard deviation of 0.9.
Number of respondents	2000
Margin of error	± 3% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	20 questions not reported.