

Sample 1000 Adult Interviews
 Conducted February 2 - 4, 2015
 Margin of Error ±4.1%

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

None	8%
A few	46%
Some	29%
A lot	14%
Prefer not to say	3%

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

At least every day	7%
A few times a week	11%
Once a week	8%
Once a month	20%
Once a year	23%
Never	17%
Not sure	14%

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

	None	A few	Some	A lot	Prefer not to say
Family	28%	38%	19%	12%	2%
Friendship	31%	38%	20%	9%	2%
Romance	24%	33%	21%	19%	2%
Work	34%	34%	18%	12%	3%
Financial	21%	33%	22%	22%	2%
Moral	35%	41%	15%	7%	2%

4. Do you think you generally make good or bad decisions?

Always good	3%
Mostly good	66%
About equal	23%
Mostly bad	5%
Always bad	0%
Not sure	3%