

Sample 2000 Adult Interviews
Conducted January 9 - 11, 2016
Margin of Error ±3%

1. Which statement do you think better describes you?

I tend to dwell on the past35%
I put the past behind me easily65%

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

Many regrets 15%
A few regrets 66%
No regrets 14%
Not sure 5%

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

Things I have done 38%
Things I did not do47%
Not sure 15%

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.