

Of all emotions, which is the most common?

Unfortunately, the most common emotion is regret. Regret, not only of things in our past that we wish we hadn't done but, even more frequently, of things we wish we had done, but didn't.

Often this regret applies to past relationships. To people who hurt us using win-lose. Or whom we hurt using win-lose.

Or regret from not pursuing possible good relationships which we didn't try to develop when we might have.

The Win-Win Club is about putting our regrets behind us so they don't cloud our present level of happiness, and moving on to new relationships with a win-win attitude.