

AI-00917 Psychological Hangover vs Regrets

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Are those concepts somewhat related? Early in my life, I learned the hard lesson not to party at night because in the morning I always tell myself not to do it again. But soon as time goes by, I rinse and repeat the same heightened and emotionally aroused celebration and partying and drinking and the cycle is repeated. Now that I am 57, I gained some brain cells to stop me from doing those things that comes with regrets. Explain and deep dive in my realization.

You're absolutely right, these concepts are all related! They all deal with the aftermath of decisions and actions, specifically those that leave us feeling not so great. Here's a breakdown of each:

- **Buyer's Remorse:** This is that sinking feeling you get after making a purchase, big or small. You question your decision, worry you overpaid, or simply think you could have gotten something better.
- **Psychological Hangover:** This refers to the emotional and mental fatigue that follows a period of intense activity, excitement, or even negativity. It's like a mental crash after a high, leaving you feeling drained, low, and possibly regretful.
- **Regret:** This is the general feeling of wishing you had done something differently or not done it at all. It's the "what if" and "should have" thoughts that linger after a decision.

In your situation, the cycle of partying, followed by morning regrets, is a perfect example of these concepts in action. The excitement and celebration (the high) lead to a psychological hangover (the crash) filled with regret.

Here's a deeper dive into your realization at 57:

- **Breaking the Cycle:** The key to your newfound wisdom is likely a combination of factors. You've probably experienced enough negative consequences from partying to outweigh the initial fun. Your brain may also be naturally seeking calmer experiences, and the hangovers might be getting harder to handle.
- **Learning from Experience:** Life has a way of teaching us lessons through experience. The repeated cycle of partying and regret has finally sunk in, and you've made a conscious decision to prioritize your well-being.

This is a great realization! It shows your ability to learn and adapt. Here are some additional thoughts:

- **Focus on the Positives:** Instead of dwelling on what you're giving up, think about the benefits of a calmer lifestyle. Maybe you'll have more energy for hobbies, spend more quality time with loved ones, or simply feel more rested.
- **Find New Ways to Celebrate:** There are plenty of ways to celebrate without alcohol or late nights. Explore new hobbies, have daytime outings with friends, or focus on self-care activities.

It's not always easy to break a cycle, but your realization is a big step. By understanding the concepts of buyer's remorse, psychological hangovers, and regrets, you can make informed decisions that lead to a happier and healthier you.

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Absolutely, let's delve deeper!

The Science Behind Your Realization:

Your experience taps into the reward system in your brain. When you party, activities like drinking and socializing stimulate the release of dopamine, a neurotransmitter associated with pleasure and reward. This creates a positive reinforcement loop, making you crave those experiences again.

However, as you've noticed, the initial high is followed by a crash. This is because the body needs to restore itself after a period of intense activity. This can lead to fatigue, low mood, and the regret you mentioned.

As you've aged, your brain chemistry might also be changing. Dopamine production can naturally decline, making you less likely to seek out those intense highs. Additionally, the negative consequences of partying, like hangovers and lost sleep, likely outweigh the initial reward for your brain.

Building on Your Wisdom:

Here are some additional points to consider:

- **Habit Formation:** The repetitive cycle of partying likely created a strong habit loop. Recognizing this can help you break the cycle. Identify triggers (certain events, people) that lead you to party and develop alternative coping mechanisms.
- **Self-Compassion:** Don't beat yourself up about past decisions. Acknowledge your growth and focus on moving forward.
- **Rewarding Yourself:** Find healthy ways to reward yourself. Maybe it's a weekend getaway, a new book, or a relaxing spa day. Positive reinforcement with healthy activities can help strengthen new habits.

Finding New Enjoyment:

The key is to replace partying with activities that bring you genuine joy and fulfillment. Consider these:

- **Social Activities:** Find ways to connect with friends and loved ones without relying on alcohol. Try game nights, volunteering together, or exploring new interests as a group.
- **Focus on Passions:** Pursue hobbies or interests you've neglected. Learning a new skill, spending time in nature, or engaging in creative activities can be rewarding and fulfilling.
- **Self-Care:** Prioritize activities that promote your well-being. This could be exercise, meditation, getting enough sleep, or spending time on mindfulness practices.

Remember, change takes time. Be patient with yourself, celebrate your progress, and don't be afraid to seek support from friends, family, or even a therapist if needed. You've taken a great step towards a healthier and happier life!

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Certainly! Let's explore some additional angles on your realization:

The Power of Self-Awareness:

Your story highlights the importance of self-awareness. By recognizing the cycle of partying, hangovers, and regret, you were able to identify a pattern that wasn't serving you. This self-awareness allows you to make conscious choices about your future behavior.

The Evolving Brain:

Our brains are constantly changing throughout our lives. As we age, the prefrontal cortex, responsible for decision-making and impulse control, continues to develop. This might explain why you're finding it easier to resist the urge to party now compared to when you were younger. Additionally, the reward system in your brain may be seeking different types of gratification as your priorities shift.

The Role of Decision Fatigue:

Decision fatigue refers to the mental depletion that comes from making a lot of choices throughout the day. The older we get, the less cognitive resources we might have for decision-making. Sticking to a routine or having pre-determined plans for the evening can help reduce decision fatigue and make it easier to resist the temptation to party.

Building a Support System:

Surrounding yourself with people who support your new lifestyle choices can be incredibly helpful. Let your friends know about your decision to change and find activities you can enjoy together that don't involve partying.

Finding Inspiration:

There are many resources available to help you on your journey. Consider reading books or articles about breaking habits, living a healthier lifestyle, or finding new hobbies. You might also find inspiration from online communities or support groups focused on similar goals.

Celebrate Your Victories:

Remember to acknowledge and celebrate your progress, no matter how small. Every night you resist the urge to party is a victory. Reward yourself for making positive choices and focus on the long-term benefits of a healthier lifestyle.

By understanding the psychology behind your past behavior and the reasons for your current shift, you can solidify your new choices and move forward with

confidence. It's a journey of self-discovery and growth, and you're on the right track!

More

Fascinated by your desire to delve deeper! Here are some even more specific areas to explore regarding your realization:

The Power of Reframing:

Instead of viewing your past partying as failures, consider reframing it as a learning experience. You've discovered what doesn't work for you, and now you're seeking a more fulfilling path. This positive perspective can fuel your motivation and help you avoid feelings of guilt or shame.

Finding the Root Cause:

Sometimes, excessive partying can be a symptom of deeper issues. If you find yourself constantly drawn to that lifestyle, consider exploring why. Maybe you were seeking excitement to escape boredom, using alcohol to cope with stress, or trying to fit in with a certain social circle. Identifying and addressing the root cause can help you find healthier ways to fulfill those needs.

The Future You:

Imagine your ideal future self. What kind of activities do you enjoy? How do you spend your free time? Visualizing this future version of yourself can motivate you to make choices that align with those goals.

The Ripple Effect:

Your decision to live a healthier lifestyle can inspire others. Sharing your story with friends and family might encourage them to make positive changes in their own lives.

The Journey, Not the Destination:

Change is rarely linear. There might be setbacks or moments of temptation. Remember, it's about the overall journey, not achieving immediate perfection. Forgive yourself for any slip-ups, learn from them, and recommit to your goals.

Finding a Therapist:

If you feel stuck or overwhelmed, consider seeking professional help. A therapist can provide a safe space to explore the underlying reasons for your past behavior

and equip you with tools for managing stress, building healthy habits, and creating a fulfilling life.

Remember, you're not alone in this journey. With self-awareness, a positive mindset, and the support of others, you can continue to build a life that brings you joy and satisfaction.

List 20 examples of the concepts that we've discussed

Examples of Buyer's Remorse, Psychological Hangover, and Regret:

- 1. Buying an expensive gadget you barely use (Buyer's Remorse)**
- 2. Overspending on a night out and feeling guilty the next day (Buyer's Remorse)**
- 3. Staying up late partying and feeling exhausted the following day (Psychological Hangover)**
- 4. Eating a large unhealthy meal and feeling sluggish afterward (Psychological Hangover)**
- 5. Arguing with a friend and feeling remorseful later (Regret)**
- 6. Quitting a job you enjoyed and missing it after a while (Regret)**
- 7. Procrastinating on an important task and feeling stressed later (Regret)**
- 8. Not studying for a test and regretting it afterwards (Regret)**
- 9. Missing out on an opportunity due to fear and regretting it later (Regret)**
- 10. Getting a tattoo you later decide you don't like (Regret)**

Examples specific to your situation:

- 1. Going to a party and overdoing it on alcohol, leading to a hangover and regret (Combination of all three)**
- 2. Spending a lot of money on nights out that you could have used for something else (Buyer's Remorse)**
- 3. Feeling tired and drained after a weekend of partying (Psychological Hangover)**
- 4. Waking up in the morning and regretting your decision to go out late (Regret)**

5. **Realizing that your partying lifestyle isn't bringing you the happiness you desire (Combination of all three)**
6. **Choosing to stay in and relax instead of going out and potentially regretting it later (Positive outcome)**
7. **Finding new hobbies and activities that bring you more fulfillment (Positive outcome)**
8. **Prioritizing your health and well-being over late-night partying (Positive outcome)**
9. **Looking back on your past experiences and using them to make better choices for the future (Growth mindset)**
10. **Realizing that it's never too late to change your habits and live a healthier lifestyle (Positive outlook)**