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# Past-Future Preoccupation

As we live our lives and deal with our day to day stresses,  
it is natural to--

*Focus on  
the Past*

**Positive--**

*Life was better*

*Things were good*

*"I wish we could go back to....."*

**Neutral**

**Negative—**

*Regrets*

*Unhealed wounds*

*Resentments*

**AND/OR**

*Focus  
on the  
Future*

**Positive—**

*Life will be good/better when.....*

*I will be happy, satisfied, etc.....*

**Neutral**

**Negative—**

*Negative projections—I will never be  
able to do this*

*Worry--That would be just terrible, etc.*

What happens when we live our lives  
focused significantly

**On the Past**

**AND/OR**

**On the Future**

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*“Our appointment with life is in  
the present moment.  
If we do not have peace and joy right now,  
when will we have peace and joy—  
tomorrow, or after tomorrow?  
What is preventing us from being happy right now?”*

Thich Nhat Hanh