

COLLOQUIA TREVERENSIA

Fachbereich I - Psychologie

Das Fach Psychologie lädt ein zum Vortrag von

Prof. Dr. Kai Epstude

University of Groningen, NL

**The functions of regret and thoughts
about what might have been**



Do, 08.05.2025

14:00 Uhr

D 435

Kontakt

Abteilung Prof. Dr. Kai Sassenberg
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Colloquia Treverensia

Fachbereich I - Psychologie

Dr. Kai Epstude

University of Groningen, NL



Kai Epstude is an Associate Professor at the Department of Social Psychology of the University of Groningen in the Netherlands. He completed his PhD at the University of Würzburg, and worked as a Postdoc at the University of Illinois at Urbana-Champaign before moving to the University of Groningen. His research interests include social judgments, comparison processes, and collective behavior.

The functions of regret and thoughts about what might have been

Reflecting on past failures is unpleasant. Different types of emotions may arise, and we may come to the conclusion that the problem was caused by our own actions. Yet, individuals do reflect on how things may have turned out differently, and they experience emotions like regret. The functional approach assumes that regret and counterfactuals facilitate a behavioral correction, and are therefore core features of self-regulation. In the present talk, I will outline recent empirical examples testing this approach in more fundamental contexts, but also in more applied contexts like health, risk perception, and the response to negative feedback.

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