



# DEALING WITH DISAPPOINTMENT

## STEPS FOR DEALING WITH DISAPPOINTMENT

**During this time of social distancing and digital learning, we know we are doing the right things to be safe but we may be feeling disappointment about events that are being cancelled. These disappointing feelings are normal and yet they are feelings that we want to keep from settling in the front of our minds and taking over our thoughts. Listed to the right are steps for dealing with those disappointing feelings.**



Taken from [positivelypresent.com](http://positivelypresent.com) and [tinybuddha.com](http://tinybuddha.com)

1. **Acknowledge how you feel.** Allow yourself to feel what you're feeling. Whatever you are feeling is OK. Take some time to just sit with your emotion and experience it without moving to fix or change it.
2. **Get some perspective.** After you give yourself space to feel, you're able to give the situation or individuals involved more room to breathe. Try to understand the experience from the perspective of others involved or impacted. Having a broader perspective than your own view on a particular situation is always helpful.
3. **Know and keep your values.** Disappointment can ripple through to the core of who you are. If you don't know what your core values are, you may not have a framework to support you when you experience negative emotions. For example, one of my core values is open-heartedness. I wish to keep an open heart and be ready to share love and kindness with others. I would like to always try to choose to act with love and kindness towards others, rather than with negativity. When someone disappoints me and I feel like closing and withdrawing, I remember this core value, then pause and make a choice. You can choose to be driven by what happens to you, or you can choose to live in line with your values.
4. **Practice acceptance.** This step is a lifelong challenge and fundamental to dealing with disappointment. Disappointment is a part of life, but all parts of life can help us grow. We accept the new experience and situation we are in and create a plan, strategy, or action to help us work through it. We can be present and aware even in the midst of negative emotions and therefore live more fully.
5. **Believe in your ability to have hope.** When facing disappointments, it's so easy to be beaten down, to believe that situations are hopeless, and to give up the belief that things will eventually work out. No matter what you do, don't let your let down bring you completely down. Keep reminding yourself to have hope and know that, despite the fresh pain of a new disappointment, you always have the ability to hope for good things coming your way in the future. Believe in yourself. Believe in hope.