Dealing With Disappointments Workbook

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Disappointment might be inevitable but living with it isn't. There are plenty of coping strategies you can put into action to overcome disappointment or at least manage it. With that in mind, we have compiled a series of exercises to show you what those coping strategies may look like in action.

Exercise 1: Acknowledge Feelings

How often do you dismiss your emotions instead of acknowledging them? It's time to get in touch. I want you to think about the disappointing experience that is affecting you. I'm going to provide you with space to record the situation and your thoughts on it. Then, I want you to complete the table provided about your emotions.

When faced with unexpected situations you will experience a series of emotions and it's important that you get in touch with them instead of stuffing them down to ignore them.

Describe the situation		



Emotion Related To Disappointment	Not at all	Somewhat	Extremely	I'm Unsure
Нарру				
Disappointed				
Proud				
Anxious				
Angry				
Excited				
Afraid				
Embarrassed				
Pleased				
Certain				
Sad				
Content				
Relaxed				
Apprehensive				
Empowered				
Ambivalent				

Exercise 2: Get Perspective

You're disappointed now, but this feeling won't last forever. While you may be dealing with a setback, it is just that, a temporary issue that you can overcome. Let's change your perspective and look at the situation through a new lens. Asking questions helps you connect the dots of the big picture to connect your actions and goals.

What are the consequences of this disappointment?				

What did you learn?

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How can this experience help your personal growth?					

How much control did you have over the outcome?		

Did you do everything you could?

What could you not control?			

occur, how big is this disappointment really?		

Is there an alternate path you can take to achieve a different result? What do you want to achieve?

If you take this action, what unintended consequences may occur?	
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If you take this action, what unintended consequences may occur?	
If you take this action, what unintended consequences may occur?	

How can you make it happen?		

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Exercise 3: Adjust

We all have expectations and when life doesn't go to expectations it can be difficult. Our expectations drive performance, thoughts, emotions, and behaviors. It can influence your relationships, personality, and even spirituality. While it's important to set goals, it's just as important to adjust your expectations when you are faced with disappointment. You might *think* life will go one way, but we live in a broken world where anything can happen. With that in mind, I want you to complete the exercise below with a hypothetical scenario.

Your boss scheduled your review for 1 pm and at 1 pm you arrived at his office. He was ten minutes late returning from lunch. As soon as you sit in the chair across from him his phone rings and he answers. He's barely off the phone when a co-worker comes in to ask a question. This is how the entire meeting goes. You are yet to complete the review when he calls time on the meeting and shrugs it off as that being the way things are around here.

How would this make you feel?			

Were your expectations realistic?	

What coping strategies can you put in place to address this?	

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How much control do you have?					

Vhat role does your level of control play in this situation?					

Exercise 4: Social Support

Make a list of the closest people in your life.
 1. 2. 3. 4. 5.
Do you trust these people enough to share everything with them?
1.
2.
3.
4.
5.
Is there someone you haven't listed that could understand your disappointment?
1.
2.
2.3.
3.
3.4.
3.4.5.
3.4.5.Why don't you turn to those people?

5.
How can you rely on the people above to carry you through this disappointment? Be specific, list how each can help you

4.

Exercise 5: Social Interactions

I want you to look back up at the names you listed above. Do any of them respond negatively? Do you walk away feeling no better than you did when you sat down to talk to them in the first place? These are the social interactions you have to manage.

Make a note of the negative people you mentioned above.				
1.				
2.				
3.				
How can you manage your interactions with them more effectively to ensure they do not drag you down and add to your disappointment?				

Exercise 6: Stress Management

We'll provide you with several stressors to start with, but you can also add your own.

For each stressor listed below, note whether it is important to you and whether it is under control.

Stressor	Is This Important?	Is It Under Control?	How Do I Address This?
Lack of confidence			
Trying to maintain health			
Dealing with conflict			
Changes			
Money problems			
Fatigue/Pain			

Public speaking		
Planning for your future		
Daily commute		
Climate change		
Big upcoming event		
The world at large		

Exercise 7: Address Your Mindset

What beliefs do you hold onto even though you know they aren't true?					

What beliefs are you simply afraid to let go of?				

What beliefs	s do you hold	about life (good or ba	d)?	

What beliefs do you have about yourself (good or bad)?				
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What beliefs do you have about the world?					

What would you like to change?	

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How can you change it and your mindset about the things above?					

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Exercise 8: Relaxation Techniques

Imagery is powerful and when you create a place to retreat it can provide you with an escape from disappointment and a way to calm your negative emotions. Before you begin, think about your interests, favorite places, activities, and remember to engage all of your senses.

Where are you?	

What are you doing?	

Is anyone else there?	

How slowly/o	quickly does ti	me move?		
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Describe what you see

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,		
,		

Describe what you hear		
_		

Describe what you smell		

Describe what you can t	aste		

Describe what you feel	

Exercise 9: Know Your Heart

What do you value?	

you thus far. What central themes or patterns can you identify?		

you use them to your advantage going forward?
1.
2.
3.

From all of that, which three core values can you identify as yours? And how will

Exercise 10: Free Writing/ Journal

Take this opportunity to begin a journal in the space below.

Just write whatever you're feeling or thinking about the disappointment(s) you are experiencing in your life right now.

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