

Dealing With Disappointments Workbook

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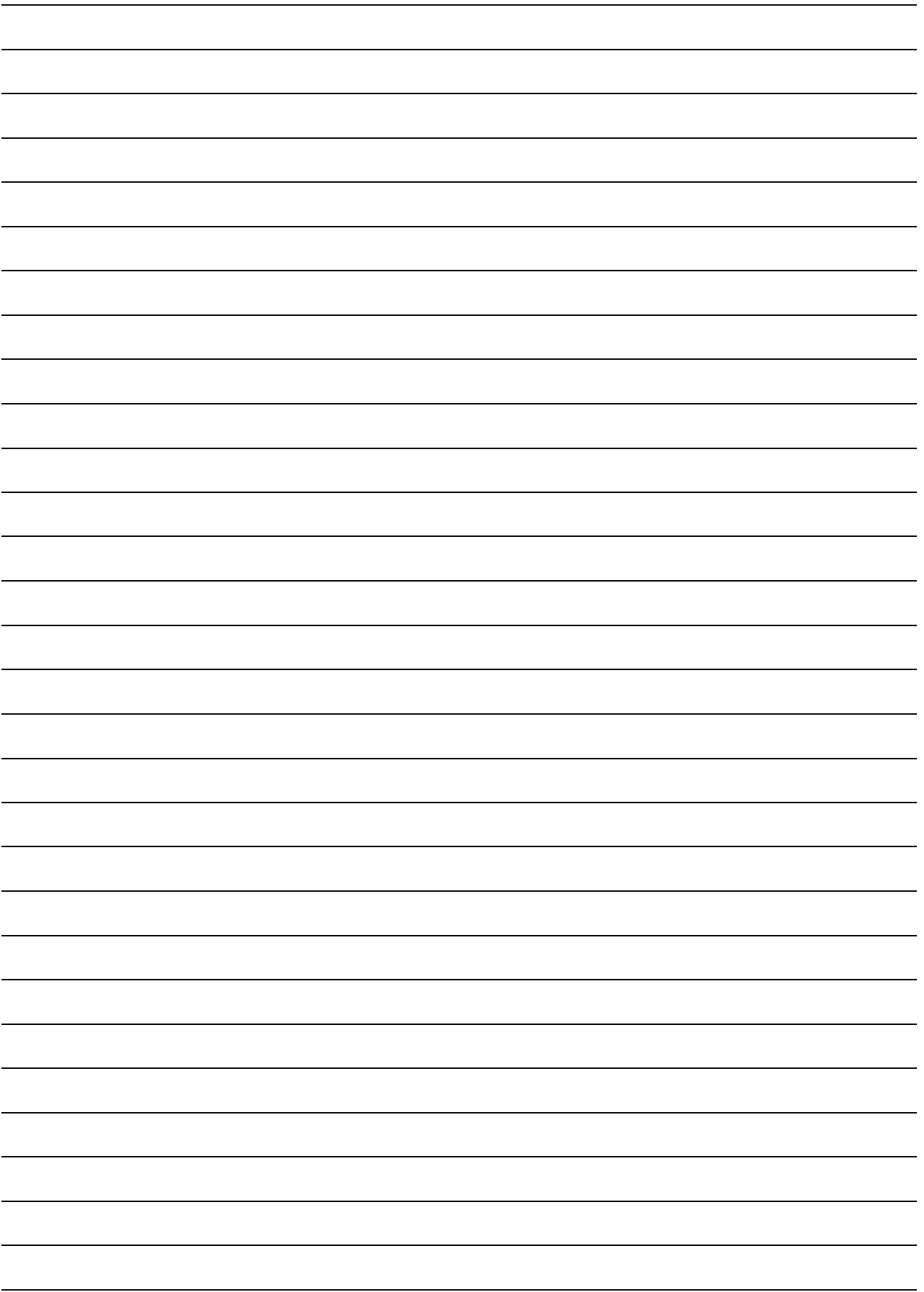
From all of that, which three core values can you identify as yours? And how will you use them to your advantage going forward?69

Exercise 10: Free Writing/ Journal73

Take this opportunity to begin a journal in the space below.....73

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

Handwriting practice lines consisting of 27 horizontal lines.



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

How can you make it happen?

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?

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.
- 3.
- 4.
- 5.

Why don't you turn to those people?

- 1.
- 2.
- 3.

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.

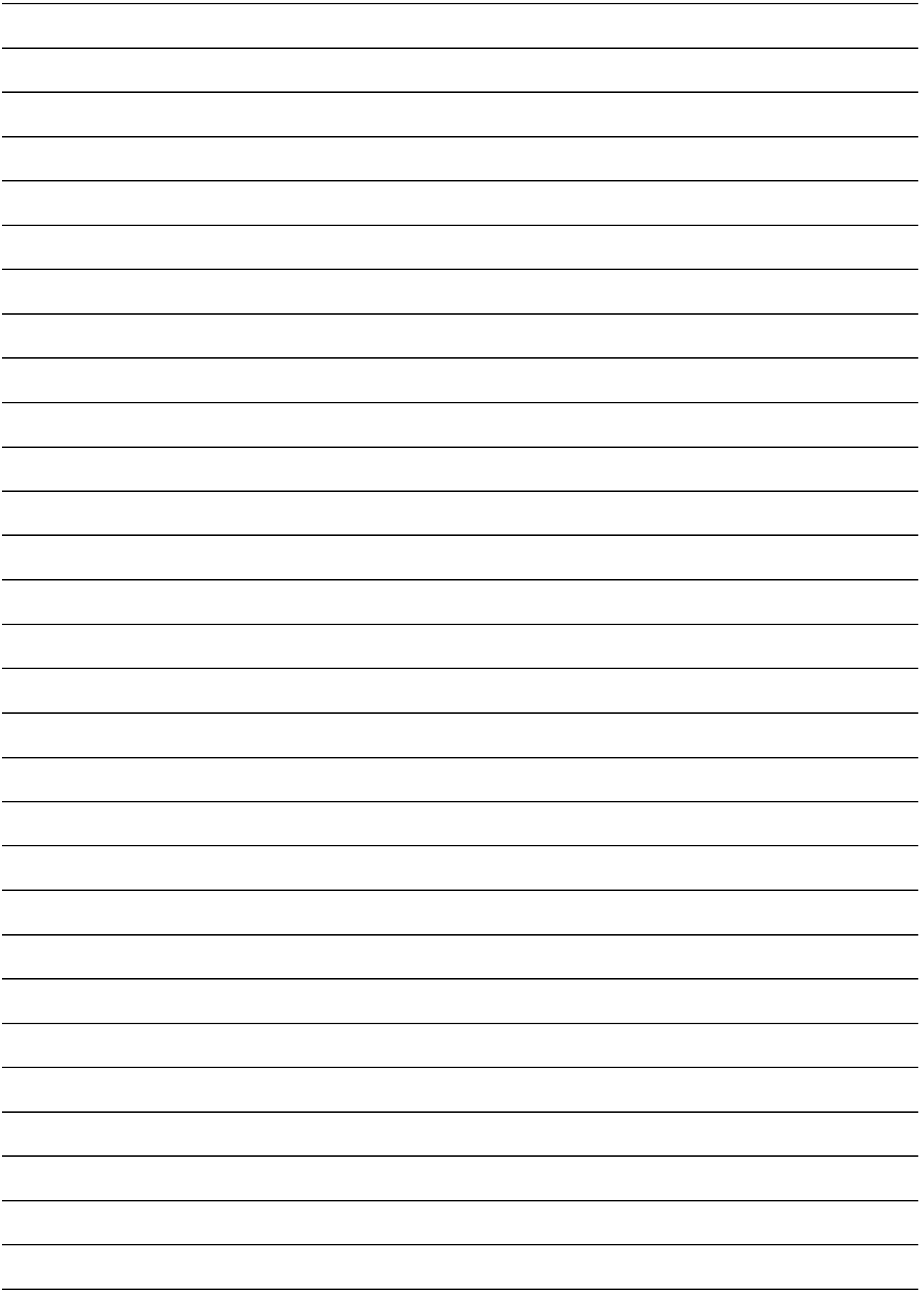
How can you manage your interactions with them more effectively to ensure they do not drag you down and add to your disappointment?

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			

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What are you doing?

Is anyone else there?

Describe what you can taste

Ruled page with horizontal lines.

From all of that, which three core values can you identify as yours? And how will you use them to your advantage going forward?

- 1.
- 2.
- 3.

Lined writing area with 28 horizontal lines.

Lined writing area with 25 horizontal lines.

