

# How to handle disappointment



## What is disappointment

sad or displeased because someone or something has failed to fulfil one's hopes or **expectations**.



## They sound something like this

I Didn't believe she could say that to me

I Didn't believe i could get low marks

How could he do that to me



## So is it bad to have expectations ?



# My plans:

Expectation:




Reality:




Do you agree with this ?

Your high  
expectation  
makes you  
unhappy



Peace begins.  
When expectation ends.

- Sri Chinmoy



We believe These because we are  
humans

We can make mistakes



So does that mean we should  
keep our expectations low







NO  
NO!

Just be prepared  
for the situation  
And make them  
more realistic



“It not the disappointment that breaks you  
It’s not being prepared for the event, that breaks you.”

-Freedy Fri



$$\text{DISAPPOINTMENT} = \frac{\text{EXPECTATION}}{\text{REALITY}}$$

# Reflection for Disappointment in Relationships

- Identify the underlying conditions that you have for that person ( the contract)
- Is the other person aware of that , did they sign up for that
- How is it helping you to hold on to the contract

what do  
**YOU**  
expect.?



# How to deal with disappointment



# STAY CALM AND COLLECTED

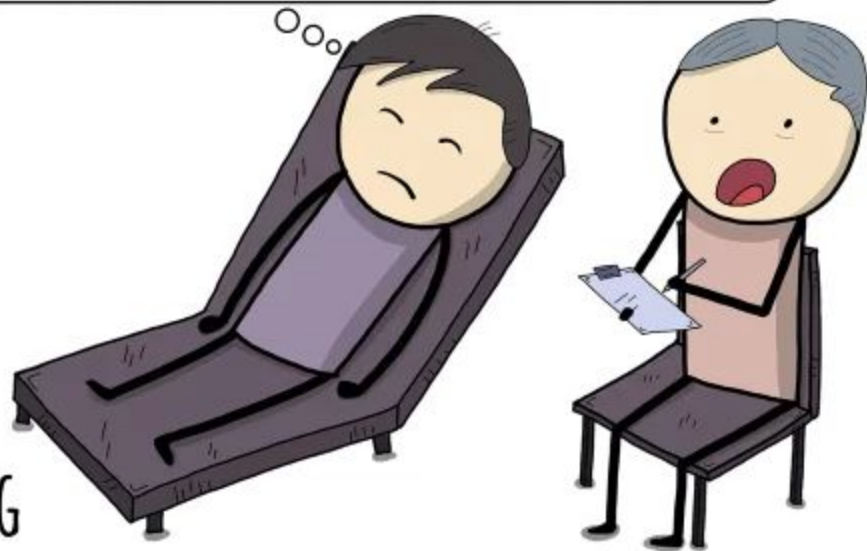
Embrace the change



ACCEPT THAT DISAPPOINTMENT IS ONLY A TEMPORARY  
CONDITION THAT RESULTS FROM YOUR PERSPECTIVE OF THE SITUATION.

# ACKNOWLEDGE HOW YOU'RE FEELING

WHAT ACTUALLY HAPPENED?  
WHAT SHOULD HAVE HAPPENED?  
WHY AM I FEELING DISAPPOINTED?



BY ACCEPTING YOU ARE FEELING  
DISAPPOINTED WILL HELP YOU TO MAKE SENSE OF THE SITUATION.



# Release Anger





Look for a lesson



WHAT IS ACTUALLY WORKING FOR ME?  
HOW CAN I MAKE THE MOST OF THIS?



# SHIFT YOUR PERSPECTIVE

CHOOSE TO VIEW YOUR FRUSTRATIONS AS AN OPPORTUNITY AND CHALLENGE TO DO THINGS BETTER.



See disappointment as  
opportunity for growth



## Mental practice -Tips / Exercise

1. Mentally visualize any situation
2. See how you will respond to that situation
3. Practice your response (just like sports ppl strategize their response to any situation)
4. And everytime you practice a better response.
5. Don't be surprised by anything that another person does.
6. Having a learning mindset prevents from disappointment

Visualize all the good things as well



# **FAILURE IS A DISAPPOINTMENT, BUT NOT DEFEAT**

JEANNE ROBERTSON

