



DISAPPOINTMENT

You can't seem to move on yet. The disappointment you're feeling is really weighing on your mind and you just can't let it go. Ready for a little relief? Use this worksheet to help you through it. Awareness is key. Grab a pen then let's do this!

1.) OWN IT REALIZE THAT THIS DISAPPOINTMENT STEMS FROM YOUR THOUGHTS. YOU ARE CREATING THIS. WHAT ARE YOUR THOUGHTS ABOUT IT?

2. SO WHAT? LOOK AT YOUR THOUGHTS ABOVE. WHAT ARE YOU CHOOSING TO MAKE THEM MEAN? WHY WOULD YOU MAKE IT MEAN SOMETHING PAINFUL FOR YOU?

3. HOW DO YOU WANT TO FEEL? HOW WOULD YOU FEEL IF YOU DIDN'T HANG ONTO THOSE THOUGHTS? YOU DON'T HAVE TO FEEL DISAPPOINTMENT IF YOU DON'T WANT TO. YOU GET TO CHOOSE HOW YOU WANT TO FEEL. WHAT DO YOU WANT TO FEEL? PEACEFUL, CONTENT? YOU CAN HAVE THAT!

4. DON'T RESIST OR AVOID - FEEL IT WHATEVER FEELING YOU CHOOSE - DON'T RESIST IT. IF YOU WANT TO FEEL UPSET, FEEL IT. LET IT STAY. WHAT DOES IT FEEL LIKE? WHERE DO YOU FEEL IT? DESCRIBE IT SPECIFICALLY AND FACTUALLY - DDN'T SAY, "IT'S BAD" - SAY, "I FEEL IT IN MY CHEST"

5. BE GENEROUS GIVE OTHER PEOPLE THE BENEFIT OF THE DOUBT FOR YOUR SAKE, NOT FOR THEIRS YET. THINKING GENEROUS THOUGHTS ABOUT THEM HELPS YOU FEEL BETTER. WHAT ARE SOME THOUGHTS THAT YOU CAN WRITE DOWN THAT MIGHT HELP YOU FEEL BETTER ABOUT THEM?

