

# Squiggly Careers PodSheets





## Dealing with disappointment


Disappointment  $\approx$  **Expectation**   
**Reality**

“ It's when you feel unhappy because someone or something was not as good as you hoped or expected. ”  
**Better Up**

### Types of disappointment you can feel

 **Own**  
You are disappointed about your own behaviour

 **Other**  
You feel disappointed about someone else's behaviour

 **Outcome**  
You feel disappointed that you didn't get what you hoped for.

### Mind the gap

EXPECTATIONS  REALITY

The size of the gap between our hopes and expectations relates to how disappointed we feel. Developing the skills to bridge the gap helps us to deal with the disappointment.

### What's your default disappointment response?

Our default coping mechanism might not be the best solution.

- Passive** (you stay in denial, you sulk, you give up)
- Aggressive** (your spikes get spikier, you blame, plot revenge)
- Assertive** (you seek learning and ask for feedback)

### 3 ideas for action

**1 Name the feelings. I am disappointed AND...**  
Disappointment is the start but usually there are other feelings below the surface. Naming these feelings and acknowledging them will help you accept and move on.

*Who do you trust to talk about your feelings with?*



**2 Get data on your disappointment**  
To feel unstuck, move from rumination to reflection by refocusing on what you have learnt.

- what do I need to let go of?
- what have I learnt about myself?
- what have I learnt about others?




**3 Stop the spiral**  
"One of the best protections against disappointment is to have a lot going on"  
- Alain de Botton

*What do you enjoy doing that could act as a positive distraction from the disappointment?*

### Coach Yourself Questions

-  What are your expectations for your career this year?
-  What will your first response be if things don't go to plan?

### Recommended resources

-  [How to brace yourself for disappointment](#)  
An article by contributing editor of HBR and author Amy Gallo
-  [Why we all need to practice emotional first aid](#)  
TEDx talk by psychologist and author Guy Winch
-  [How to prevent pessimism and practice optimism at work](#)  
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Amazing if