

Unpacking Disappointment

Often times, identifying exactly what we are feeling helps us take command of our emotions and redirect our frustration into a healthy means of becoming a better, more compassionate person. If you're facing disappointment because something hasn't turned out as you might've hoped, reflecting on these questions may help you process your feelings and come to peace with what has transpired.

***What exactly was I hoping for and how does my situation differ from what I expected? Are there any similarities between the two?**

***What main feelings are at the root of my disappointment? Am I angry? Heartbroken? Feeling rejected? Confused?**

***How might this disappointment affect me a month from now? A year? Five years? Ten?**

***Am I taking this situation personally? Do I think it is my fault or a sign I am not good enough? Am I somehow equating this let-down to my inherent value or lack thereof?**

***Am I blaming myself for something out of my control or did I play a role in this situation I find so disappointing? For example:**

- Did I miss out on an opportunity because I didn't put in the effort?
- Did I make excuses rather than take steps towards my desired outcome?
- Did I say no to an opportunity simply because I was afraid?
- Did I disregard my own morals/values or not speak up when I should have?

***Is it possible my disappointment is just a sense that I have let myself down? If so, what steps can I take in the future to help achieve the outcome I'd prefer?**

***Is my disappointment a control issue? Am I upset simply because I'm not getting what I want? Why is control so important to me?**

***Is it possible this let-down can lead to something greater than anything I could've imagined? What might happen if this NO was just a 'not yet' or is making room for a bigger 'YES' down the road?**

***What do I think God is trying to teach me through this situation? In what ways could I take the pain and frustration of this disappointment and turn it into healing, wisdom, and a way to minister to others?**