



Questions for Classroom Discussion

Dealing with Disappointment

- **When have you been disappointed by a loss, setback, or letdown?**
 - ⇒ Consider that everyone has experienced disappointment... no exceptions
 - ⇒ Consider setbacks where you didn't do as well as you had hoped, such as a bad grade on a quiz, a sporting loss, forgetting your lines in a play, etc.
 - ⇒ Consider disappointment that is out of your control, such as a friend letting you down, your favorite pro team losing, or a role model not acting in the way you had hoped

- **How do you feel and react when you experience a loss, setback, or letdown?**
 - ⇒ Consider that disappointment can hurt, especially in the short term... as a result, you may have acted in a way that wasn't helpful to the situation or that you regret later
 - ⇒ Consider that the exact emotion (whether it's hurt, sadness, anger, frustration, shock, etc.) often depends on the specific event and specifically your role in it (if you had complete control, like in a sporting event, you will feel differently than if you discovered a friend had betrayed you)
 - ⇒ Consider that the immediate hurt and reaction to a setback or letdown is less important than your long term feelings and reaction towards it

- **What is the best way to react to disappointment? Can it be a good thing?**
 - ⇒ Consider that being hurt or angry is unavoidable... what's most important is to control your emotions and accept the situation so that you can make improvements
 - ⇒ Consider that your long term feelings and reaction are most important, and a "minor" setback can easily become a major one if you don't put it into perspective and move forward
 - ⇒ Consider that the lessons learned from disappointment (such as patience, perseverance, toughness, calmness, etc.) can be extremely valuable, and can only be mastered when you experience adversity