

# Dealing *with* Disappointment

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Building 1, Level 5 (1.517) @Lobby C

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The feeling is unmistakable, something that we are well acquainted with – being let down by people, by ourselves or even by a higher power.

Disappointment may stem from a failed attempt, a broken promise, a frustrating delay, a sense of betrayal and a host of other circumstances with undesirable outcome. It thus can be said that no one is exempted from the experience of some kind of setback at different points of their lives.

The sense of disappointment may lead us to reach the conclusion that life is not perfect, the world is not perfect and people are not perfect.

While this viewpoint is understandable, of more significance is where will this perception leads us to. In other words, what becomes of us whenever we are disappointed.

Disappointment can in turn results in despair, disillusionment and anger. When these negative thoughts and emotions are not dealt with sufficiently, people are known to resort to maladaptive ways of coping, often with disastrous consequences.

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Dr Charles Stanley once said, “Disappointment is inevitable. But to become discouraged, there’s a choice I make.”

According to him, at about the same time when we find ourselves in a disappointing circumstance, we are also at a critical juncture when we have to make a conscious decision. And that choice will involve us deciding whether to allow the pain of disappointment undo us or fortify us.

Part of that decision-making will concern us asking ourselves who is to be blamed for the cause of our disappointment. If we focus on fault-finding, we will also need to ask ourselves the related question of what kind of restitution the alleged perpetrator has to make in order to alleviate our perceived suffering.

Eventually we might come to realise that this variable is something beyond our control. Should this happens, we could then determine the steps to reframe the way we evaluate the situation more holistically.

The point is: We may not be able to change a bad situation, but we could change our perspective in order to produce a better attitude if we want to *deal with disappointment*.