

Coping with Disappointment

1. What is disappointment?

a. Define using your own words.

b. Define using a dictionary.

2. Many people have a difficult time dealing with disappointments and react in ways that are inappropriate and prove harmful to themselves and others.

List 10 inappropriate ways of coping with disappointments.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Choose three of the inappropriate ways you listed, and write a paragraph (at least three sentences long) on why they are inappropriate.

- 1.
- 2.
- 3.

3. You can find ways to deal with disappointment that can not only be beneficial to you, but maybe even fun.

List five ways of dealing with disappointments appropriately and why they will help you.

- 1.
- 2.
- 3.
- 4.
- 5.