

SPACE TO BREATHE

# Disappointment

What this emotion may be telling you

It can feel...

**deflated, hurt or let down**



## What might help

**1 Acknowledge what you hoped for**

**2 Give yourself time to adjust**

**3 Find what is still possible**

**A gentle reminder**

It makes sense to feel hurt when something mattered.

Notice it • Name it • Meet it with care