



I Feel Disappointed

- I can feel disappointed when things don't happen the way I want them to.
- I don't like it when things change from what I was expecting. If I am really looking forward to something and it doesn't happen I can feel really disappointed.
- When I am disappointed I can often feel sad or even angry. It is OK if I feel this way. But, I need to try to stay calm even when I feel very upset.
- Feeling disappointed is not nice but it will usually go away with a little bit of time. I can help myself to feel better by:
 - trying to not think about the disappointment
 - thinking about other things I enjoy and am looking forward to
 - doing an activity to help me feel calm and in control
- It is OK if I feel disappointed when plans change in a way I don't like. I can help myself by staying calm and trying to focus on other thing.

