

# 10 Questions to Ask Yourself Post Disappointment



Forget it; there is no making it through life without disappointment. While some will experience more disappointment than others, at the end of the day, disappointment will happen. But more than acknowledging the truth that disappointment will happen is preparing ourselves to live beyond disappointment. The ten questions below will help to ensure that we aren't simply living from one disappointing experience to another.

- 1) Why am I disappointed?
- 2) Who am I disappointment with?
- 3) What, if anything, could I have done differently on the front end to avoid something like this from happening?
- 4) What did this experience come to teach me about myself?
- 5) What part of this mess is mine, and what part belongs to the other party/ies?
- 6) Is disappointment more a part of my life than fulfillment?
- 7) Is there something in either my past or my constitutional make up that sets me up for the reoccurrence of one disappointment after another?
- 8) Are my expectations for myself and/or others unrealistic?
- 9) Have I developed a strategy for healthily processing my way through the aftermath of disappointment so that disappointment is not allowed to turn into bitterness?
- 10) What do I need to say to myself or to the other party/ies involved to release myself and move on from this experience?

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