Resource 1: Managing disappointments and setbacks card sort

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| Look for a positive way out of the situation | Consider how a positive role model would cope | Try again, perhaps using a different strategy |
| Acknowledge feelings without judging people for what has happened | Get help or speak to someone who might know how to manage it in a different way | Breathe deeply and/or step away |
| Talk with people who caused upset to understand why, and see things from their point of view | Smile and try to remain positive | Gain perspective – how will this disappointment impact on life tomorrow, next week, next year? |
| Manage unrealistic expectations (e.g. winning the lottery) without compromising on dreams | Make a log of achievements/ positive qualities which can be read as a reminder of positives when things go wrong | Positive thinking (e.g. ‘I can do this’) and dismissing doubts, especially absolutes (e.g. ‘I’m always last’ or ‘no one likes me’) |
| Recognise strengths, even when things go wrong | Reframe negatives and turn them into positives – i.e. look for the silver lining | Remember a time when a similar problem worked out fine |
| Think about what can be learnt from the experience | Reassess goals – are they the right ones? |  |