

## **DISAPPOINTMENT TOLERANCE TRAINING**

Many times medical patients are disappointed and when that occurs they have to learn how to tolerate disappointment. Below is a self-dialogue to help you cope with disappointment when it occurs.

### **PREPARING FOR POSSIBLE DISAPPOINTMENT**

I do not know if he (or she) will let me down but it can happen.  
Be prepared. Do not overreact if it should occur.  
Do not fixate on the disappointment. Overlook it and move on.  
Do not make it a “must” that he be the kind of person I want in my life.  
I would like him to be the way I want but that is not vital.  
I can get by without him doing what I want. It will be more difficult but I can manage.  
He is his own person and has his own ways. Do not fall into demanding that he do what I want, if that is not what he wants to do. I cannot control his behavior.  
Decide if I want to address his behavior if he should disappoint me or just let it go.  
If he does not meet my needs, do not dwell on it. Do not keep the disappointment foreground in my mind.  
I can ask for help but he may not respond as I want. Accept him as he is if I am going to maintain my relationship with him.  
Remember that acceptance does not mean surrender. It only means dealing with reality as it is. If he disappoints me that has to be accepted because that is reality.

### **COPING WHEN DISAPPOINTED**

I did not get what I wanted from him but I can handle that.  
Be calm. Do not get upset. Relax. Tighten and relax my muscles.  
Do not get angry. Take a few deep breaths. Get the anger out of my body.  
I can handle this disappointment. It hurts but I have handled hurts before.  
Do not stay focused on the disappointment. Think of other matters that make me feel better.  
Think of long-range goals with this person. What are my main priorities regarding this relationship.  
Move beyond the immediate disappointment.  
Do not let the disappointment dictate how I will feel toward him.  
There were no guarantees that he would meet my demands when I became sick. Things will change after my disease is known.  
Do not expect that I will get what I want from him, if he has shown that he will not meet my expectations in the past.  
If he meets my expectations, then that is a bonus but do not expect it.  
Let go of the disappointment. Do not mull it or dwell on it.

**COPING WHEN ANGER BUILDS**

I am getting mad now because he let me down.

Getting mad is not going to help. It has not changed his behavior in the past. It will only spark a counter-reaction where he attacks back.

Do not let the anger control my behavior and responses.

Monitor my anger level in this situation.

Take some slow deep breaths. Breathe deeply. Unwind.

Focus on something pleasant. Notice lines around objects. Anything but the disappointment.

I am getting very angry now. Put myself on stage and watch my actions from the audience. Pull back.

Become psychologically distant.

Tell him that I am disappointed but do not act-out the anger.

Do not fall into self-pity. Take the anger out of my voice. Let it go.

**COPING AFTER THE DISAPPOINTMENT**

How angry do I still feel about being disappointed from 0 to 10?

Do I have any left-over resentment?

Do not let my frustration ruin the rest of the day. Move on.

Am I feeling sorry for myself because I did not get my way?

Take him as he is and not how he is supposed to be.

I can still try to change him but when he disappoints me accept the fact that he did not act as I wanted him to.