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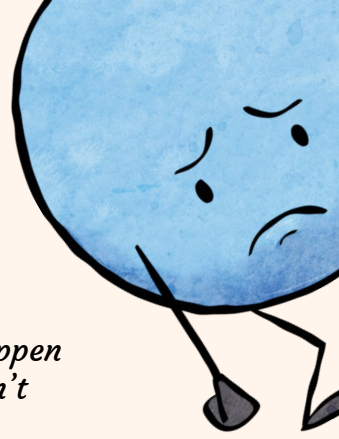


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Disappointment



Disappointment is a painful and sad feeling. It tends to happen when something we hope for, or expect to happen, doesn't happen

Everyone gets disappointed sometimes and it is a feeling we need to be able to accept and then let go of

This is something I hoped or expected to happen

This is what actually happened

This is what I learnt from the situation

This is what I can do to let go of the disappointed feeling