

## Resource 1: Managing disappointments and setbacks card sort

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?	