

or not receiving a material object. Responses to disappointment are individualized. Reactions and overcoming disappointment are influenced by the *source* of the disappointment.

Adult- Steps to Take to Address Disappointment

- **Emotional Awareness:** identify and acknowledge your feelings about the situation that has caused the disappointment.
- **Be Honest with Yourself:** by identifying your feelings in an honest way, this allows you to be honest with others about your feelings.
- **Embrace Peace:** identify things that make you happy. This helps to free your mind.
- **Look for the Reality:** journal or make lists to help identify the situation that has impacted your life. This is a great way to privately express feelings.
- **Experience is a Great Teacher:** disappointment provides us the opportunity to reflect and move forward from the situation. It helps prepare you for difficult situations that will occur later in life.
- **Give Yourself Some Grace:** weigh the positives and negatives about the situation. View yourself in terms of successes rather than failures.
- **Support:** we all need someone for support. Reach out to family members and friends that are encouraging.

Helping Your Child Manage Disappointment

- **Listen and Validate:** listen and acknowledge your child's disappointment and feelings, provide reassurance, and express a feeling of being proud of your child dealing with the situation.
- **Avoid Judgment:** avoid judging your child's reactions. Judging a child's reaction will invalidate their feelings and lead to a feeling of further isolation.
- **Provide Perspective:** Validate the fear, avoid false reassurances, but emphasize circumstances will change even if there is no specific timeframe, share your own experiences and how you dealt with the circumstances.
- **Seek Solutions:** remind your child they are not alone to provide a sense of comfort, provide creative ways to solve the problem, encourage your child to talk about what they are going through with encouraging friends.
- **Give Them a Sense of Control:** provide control to your child by giving them the ability to decide how they are going to utilize their free time, projects they might enjoy working on, planning the meals for the week, what chores they will do around the house
- **Model Appropriate Coping Behavior:** talk with your child about your go-to coping strategies, help your child come up with their own, practice the coping strategies
- **Remain Positive:** remind your child of the things they've tolerated in the past, reassure them that even though the situation is different, they can utilize the same skill

If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

Families and others can reach MCF by:

- Calling our statewide intake line at 410-703-8267
- Emailing info@mdcoalition.org

