



UNIVERSITY OF

LIVERPOOL

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Bouncing back after a disappointment

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Where are
we heading?

What is disappointment?

Types of disappointment

8 useful questions to help you bounce
back and move on

What sort of professional
disappointments have you
experienced?

Our survey said

- Research grant rejected
- Paper not published
- Harsh feedback on your performance
- Fail to get a job you were interviewed (and asked to apply for)
- Event you were looking forward to was cancelled
- Colleague let you down
- Relationship breakup

What is
disappointment?



Name how
you feel

STRESSED

ANXIOUS

RELIEVED

APPREHENSIVE

ANGRY

WORRIED

LOST

DISAPPOINTED

NUMB

HEARTBROKEN

UNHAPPY

UNCOMFORTABLE

SAD

FRUSTRATED

**Talk to
someone**



How long do you
want to feel like
this?



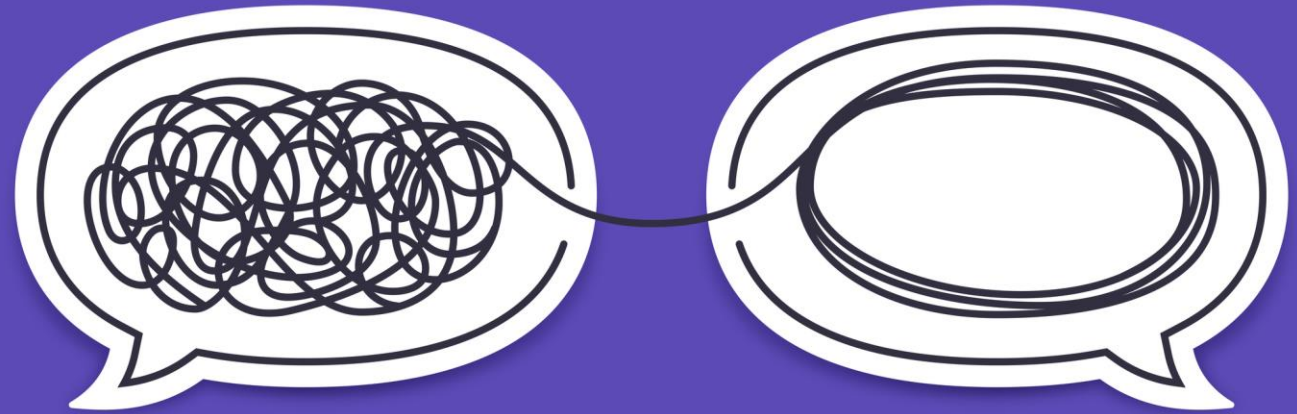
Hippo time



Managing the mind



**Challenge
unhelpful
thoughts**



Time for an activity

**Think of a time when you have
had a disappointment**

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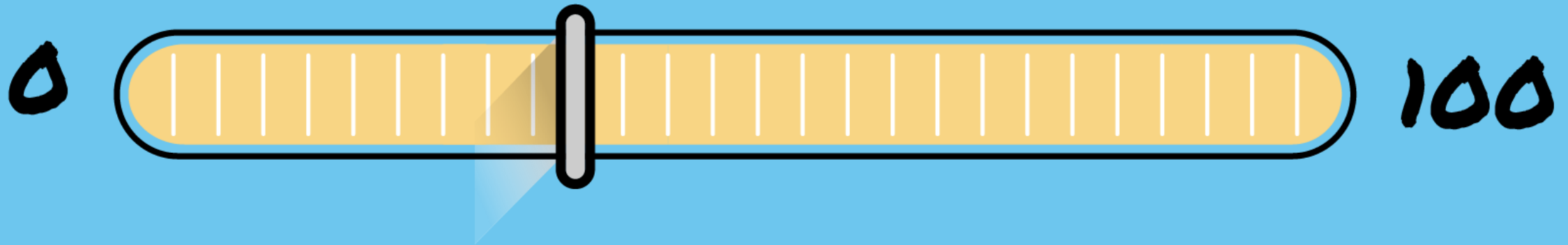
Question 1...

How did you feel?
Name how you felt



Question 2

How important is this issue
on a scale of 1 to 10?



Question 3

Will this matter in 6 months time?
Get perspective



Question 4

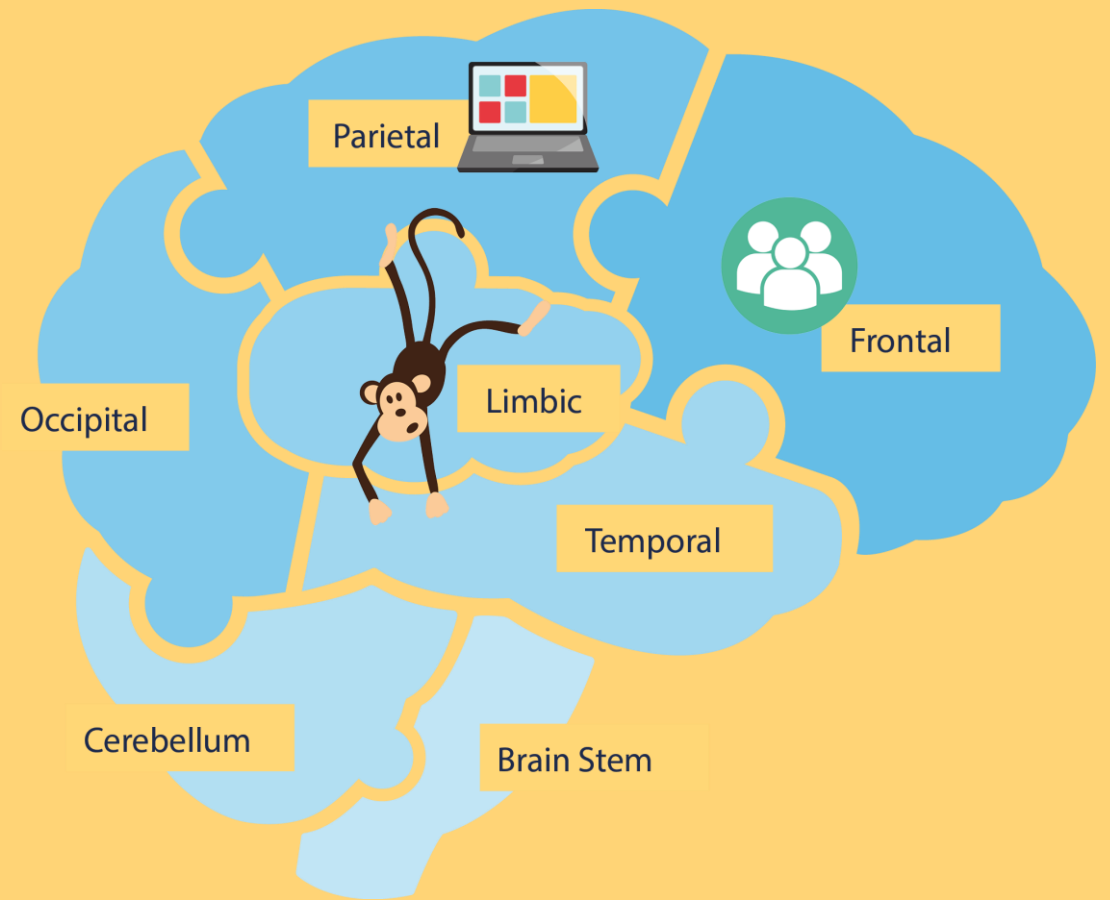
How else could I look at this?



Question 5

How would I like to respond to this disappointment?

Is my response appropriate?



**The power of
a pause**



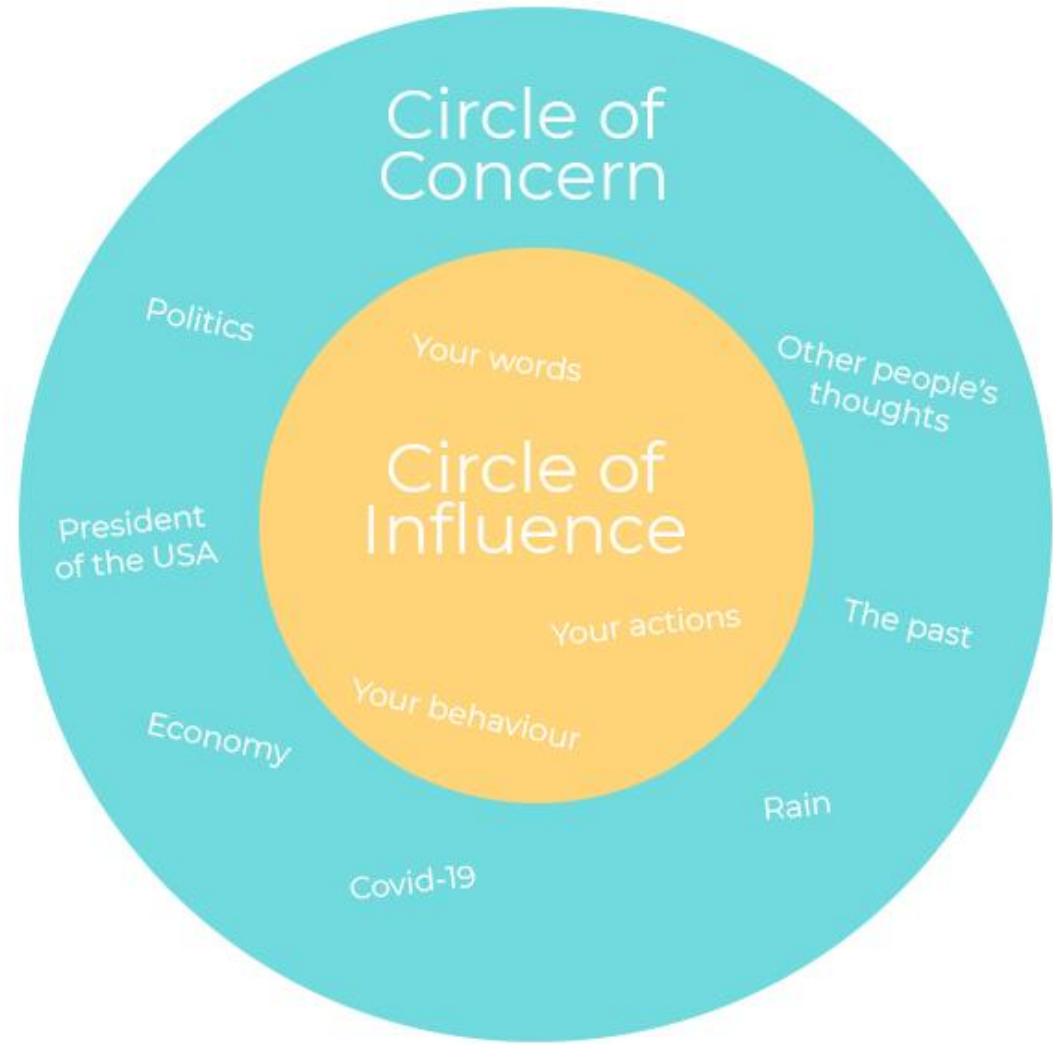
Question 6

What advice would I
give to a friend?



Question 7

How could I influence or improve the situation?



Question 8

What would I do differently next time?



Bonus Question

What did I learn?

**What was most
useful for you
today...write it
down!**

Action

Changes

Things

Question Time



Thank you...

Let's connect...



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Your success is my business

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Oh no ...we have a technical problem...

Check the CHAT for any updates

