

How to Deal with Failure or Disappointment Checklist

- 1.) Three tips for surviving failure and learning to fail forward.
 - Learn from your mistakes.
 - Let go of what didn't work.
 - Don't beat yourself up.
- 2.) Reframe negative situations. Use the following example to help you reframe your own negative situations & write some below.
 - A client emails you with corrections for a project you turned in the day before:
 - o Negative self talk: oh no she must think I'm an idiot.
- Positive self talk: Great, I can fix these up and get them back to her in no time.

THERAPEUTIC WRITING





Patricia Brawley, PhD, L

THERAPEUTIC WRITING To Peacefully Navigate Life's Changes WITH YOUR MUSE PATRICIA BRAWLEY, PHD. LINE WITH YOUR MUSE PATRICIA BRAWLEY, PHD. LINE PATRICIA BRAWLEY, PHD.

3.) Don't get too attached to the original expected outcome of something by practicing the following. Write down the ways you can use the below qualities to not get attached to your outcome.

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- Being present
- Gratitude

0	Questioning yourself & why you're attached to the outcome	