

# THERAPEUTIC WRITING

## To Peacefully Navigate Life's Changes



WITH YOUR MUSE,  
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### 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:
  - 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.

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