

THINGS DON'T  
WORK OUT HOW  
YOU THOUGHT  
THEY WOULD.

IT'S OKAY TO BE  
DISAPPOINTED,  
BUT DON'T BE  
DETERRED.

*keep going.*



# DEALING WITH DISAPPOINTMENT

## SECTION 1

How to Navigate Disappointment  
with Your Youth

## SECTION 2

Effort Based Feedback Basics

## SECTION 3

Online Resources

# HOW TO NAVIGATE DISAPPOINTMENT WITH YOUR YOUTH



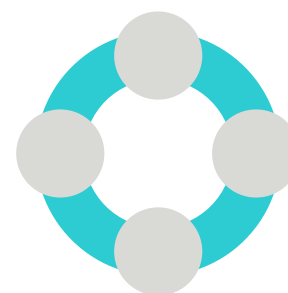
## Listen and Validate [Express Care]

- Allow your mentee to feel disappointed
- Practice empathy and empathetic listening skills
- Provide perspective and how the situation fits into the big picture
- Ensure they know their voice and experience is important and **you want to hear about it even if they can't make it make sense right away**



## Seek Solutions [Share Power | Expand Possibilities]

- Role play how to navigate the situation; **give a chance for a do-over or a before-it-happens** (if this happens, then I will....)
- Help **identify coping (self-calming) strategies** or ways to work through the feelings
- Resist the urge to fix the problem for them, but guide through how to manage it
- Help manage expectations ahead of time
- Connect to resources and their circle of support/success village



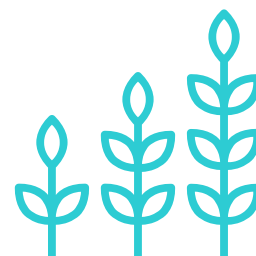
## Give them a Sense of Control [Share Power | Challenge Growth]

- What can they do to be able to make the situation feel better for them?
- Find **things that they can have a choice in**
- **Acknowledge the positives** but don't focus on it
- Practice delayed gratification and rewards



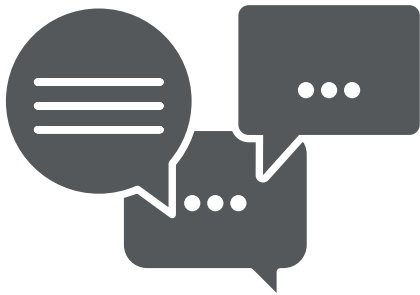
## Share Your Confidence In Their Abilities [Provide Support]

- **Focus on effort based feedback:** recognizing how they are trying, growing, and achieving



# Effort Based Feedback Basics

## Effort Based feedback is:



1

**Action-based, not trait-based**  
[Focused on GROWTH]

2

**Effort-based, not result-based.**

3

**Forward-looking, not just backwards.**

Things to say  
instead of  
"Good job!"

"What you did was kind and generous."

"You improved since the last time."

"You didn't give up even when it was hard."

"I can tell you put a lot of time and effort into this."

"You look really proud of yourself."

And allows the individual to have control and choice over the situation: they get to choose their own strategy, put in more or less effort, and change the process they are using.

We often don't have the same choice over results, which have many variables, BUT we can have choice over effort.

More info visit:

<https://www.pavestep.com/post/guide-to-effective-feedback>

# Online Resources

## YOUTUBE VIDEOS

Dealing with Disappointment in Teenagers

3 Tips | Rahz Slaughter – Teen Life Coach: <https://www.youtube.com/watch?v=xadzY3D1QjA>

How Do You Deal with Disappointment?

Groan, Grow, or Gripe | The Mister Brown : <https://www.youtube.com/watch?v=AYIu4yFK4Ro> Brene Brown on

Empathy: <https://youtu.be/1Evwgu369Jw> TDSocialSkills Channel:

Lesson 1: Dealing with Disappointment (<https://www.youtube.com/watch?v=ZLQD5cOACB8>)

Lesson 8: When Things Don't Go as Planned (<https://www.youtube.com/watch?v=VvyHt6niYLI>)

## Dealing with Disappointment

<https://childmind.org/article/how-to-help-your-kids-handle-disappointment/> | <https://www.mindfullittleminds.com/how-to-help-children-deal-with-disappointment/> | <https://www.pbs.org/parents/thrive/how-to-help-kids-cope-with-disappointment>

## Additional Resources

On Our Sleeves – The Movement for Children's Mental Health:  
<https://www.onoursleeves.org/>

Mental Toughness Trainer – Sports Disappointment and Youth:  
<https://www.mentaltoughnesstrainer.com/3-things-confidence/>