



4 WAYS TO DISCIPLINE YOUR DISAPPOINTMENT

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{1} Control What You Can Control

When you find yourself in a situation that is quite literally out of your hands, pause and ask yourself, "Can I control this situation?" Besides controlling your own attitude, if the answer is that you cannot change the situation, then consciously try to accept the situation for what it is in the moment. Spiritual teacher and author Eckhart Tolle advises us to accept what is, as if you had chosen it. He also alludes to the fact that it's insanity to resist the present moment. So, when you find yourself stuck in a long line at the grocery store, or in traffic with no alternate route, take a deep breath and remember to control what you can control, and release what you cannot.

{2} Set Realistic Expectations

Inevitably there are people in our lives, usually friends and family, who have a special way of hurting us and letting us down. Giving them the benefit of the doubt, most of the time their intention is not malicious or deliberate. If you are the type of person who holds your loved ones to a high standard and expects them to treat you the way you treat them, it can be a recipe for chronic disappointment.

A mental exercise to consider as a coping mechanism, as well as disciplining your own disappointment, is to literally create a list—A and B. The A list includes the people who are your "ride or die"—they will stop whatever they are doing if you need them, no questions asked. The B list are people who love you and mean well, but they have let you down and/or behaved in a manner that has hurt your feelings on multiple occasions. If having a candid conversation with them doesn't change things, and removing them from your life isn't an option either, then put them on the B list. This mental check and balance list is helpful to remember in times of disappointment—not to expect anything different than what they're capable of giving you.

{3} Practice This Agreement

The *Four Agreements* concisely summarizes how to live our best life with simple philosophies. One of the four agreements is to not make assumptions; give people the benefit of the doubt. We humans have a tendency to make up stories in our heads. These could be faux conversations, imaginary arguments or banter that is completely scripted and one-sided, and will play out in our minds like a dramatic television show. This energy-sucking scenario normally turns out to be a complete waste of time.

The next occasion when you catch yourself fantasizing about a fictitious scene that hasn't even happened, consciously decide to hijack those assumptions and wait until you hear their side of the story. Don't assume the worst; in fact, don't assume anything. You'll save yourself a lot of time, a lot of disappointment and a lot of unnecessary heartache.

{4} Everything Is in Divine Order

Peace is choosing thoughts of abundance, expecting the best outcome, having an innate belief that the universe has your back and knowing at a soul level that things are working in your favor. People who cross our paths are usually a student or a teacher for us, and they typically come into our lives for a reason, a season or a lifetime. Learn to trust that everything is in divine order for your highest good, even if you can't see it at the moment through the lens of disappointment, instead of focusing on getting what you want at that exact moment in time. Believe that something even better is in store for you.