

Dealing with Disappointment

承受失望

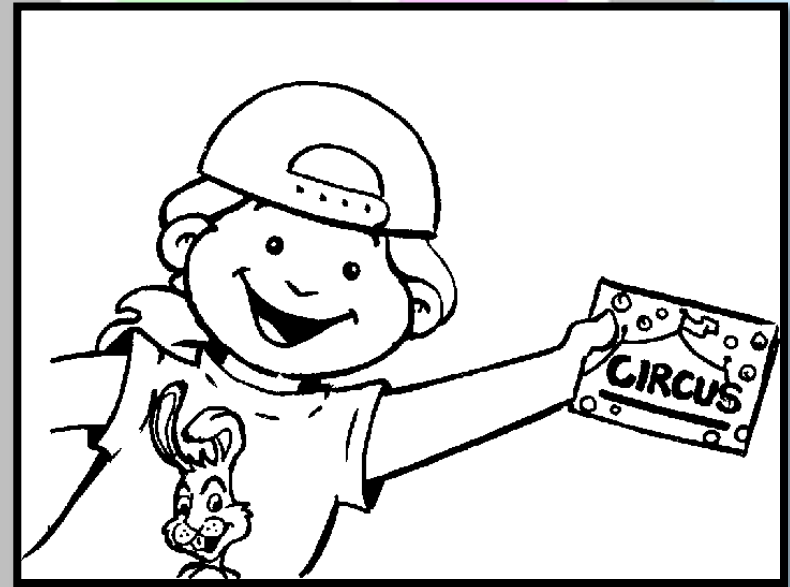


When we are disappointed because our expectations about something or someone are unfulfilled, we may become discouraged, lose trust, and even close ourselves off to others. We can become unhappy, resentful, bitter, and angry.

While these are natural reactions, there is a better way. Here are four tips for dealing with disappointment:

当我们因为自己对某事或某人的期望未能实现而失望时，我们可能灰心丧气，失去信心，甚至自我封闭。我们可能闷闷不乐，愤愤不平，怨恨满腹，心有愠怒。

尽管这些是自然的反应，但其实有更好的处理方式。以下是如何承受失望的四个小窍门：



1. Accept that people are not perfect, nor are they the same as you. They don't think exactly the same as you do, don't see things the way you do, and often don't react to circumstances the same way you do.

(1) 要接纳：人无完人，他们也与你不。他们想问题的方式、看问题的角度、应对处境的方法未必与你相同。



2. Accept that there are all kinds of situations in life, some of which you'll like and some you won't. Life doesn't have to be perfect, entirely happy, or entirely successful to be worthwhile.

3. Learn to be flexible when facing a situation that isn't turning out as you'd hoped.



(2) 要接纳：生活中有不同的处境，有的你喜欢，有的你不喜欢。生命不是非得完美无瑕、完全幸福或完全成功，才值得过。

(3) 当情况并非你想象的那样时，学会灵活应对。



4. Look for the positive side of each situation and ask yourself, *What can I learn from this? How can I use it as something positive?*

(4) 寻找每个处境的积极面，问问自己：我能从中学到什么？怎样才能积极地善用它呢？

Life is full of challenges, unexpected misfortunes, and disappointment. It happens, and we get through it.

生命充满了挑战，还有突如其来的不幸、灾难和失望。这种事情就是会发生，而我们必须熬过它们。

