

## FOR THOSE WITH POST ELECTION DISAPPOINTMENT!

*I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed...Michael Jordan*

### WHAT TO KNOW!

- ❖ Disappointment after this year's election had very strong reactions from many people
- ❖ Disappointment occurs precisely because we care; not feeling any disappointment at all is impossible
- ❖ Disappointment generally occurs when our expectations aren't met, when things don't go the way we planned or wanted, or what we fear actually happens
- ❖ Disappointment can lead to feelings of depression, anxiety, dissatisfaction, stress, and powerlessness; it can also affect our eating and sleeping patterns
- ❖ Disappointment can lead to dwelling on the situation or being preoccupied with thinking about the situation that did not work out the way we wanted
- ❖ Disappointment is a normal part of life and will affect everybody at some time
- ❖ When disappointed, we usually feel let down, sad, disillusioned, hopeless, defeated
- ❖ The greater are our feelings of disappointment the more important we think something is or the more we want it
- ❖ Often our thoughts and hopes are not in line with reality and our expectations can be too high for the situation especially after listening to too many pundits and pollsters
- ❖ Post election disappointment occurs when the issues and people we believe in and hope will win do not and we are powerless to do anything about it
- ❖ Post election disappointment is greater when:
  - ❖ we believe our issues are critical and we fear what could happen
  - ❖ we intensely dislike the opponents
  - ❖ we feel very personally involved
  - ❖ we participate in the election process through contributions, campaigning, etc.
  - ❖ we are polarized and feel like we are competing with the other side
  - ❖ we believe that our lives will change radically
- ❖ In reality, the outcomes of elections are out of our control; all you can do is vote and try to convince others

### WHAT TO DO!

- ❖ Stop dwelling on the results and redirect your thinking
- ❖ Accept your disappointment and refocus on the future
- ❖ Refuse to feel defeated and plan positive steps for the next election two years away
- ❖ Don't give in to pessimism and think that all is lost; regroup and recommit
- ❖ Don't personalize events not in your control
- ❖ Learn to think positively and take constructive actions
- ❖ Reduce stress and disappointment by keeping things in perspective and volunteering
- ❖ Rejoice that you won't receive any more phone calls or be deluged with campaign ads
- ❖ Relax by going out, taking a walk, being with friends, and stay away from politics
- ❖ Seek professional help if you cannot overcome your disappointment and if you continue to feel depressed, pessimistic, and defeated

### WE CAN HELP!

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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