



## Episode 146: How to Deal with Xmas Disasters and Other Disappointments in Life

with Corrina Gordon-Barnes

Christmas is just around the corner and everyone's undoubtedly excited to take a break, kick back and have a happy holiday. Unfortunately, things don't always go as planned. Christmas disasters, working through the break and other disappointments can break your expectations of the holiday cheer. In this episode, Corrina Gordon-Barnes joins Rachel once again to talk about dealing with Christmas disasters this holiday season. We talk about what we should expect, and not expect, and how we can prevent becoming disappointed in the first place. Corrina and Rachel talk about coping with the disappointment, not just this Christmas but in daily life as well.

We also talk about some helpful tools and practices

If you're looking for a leadership technique that encourages an atmosphere of collaboration, this episode is for you. Help others, and by doing so, help yourself.

### Podcast links

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[The Power of Regret](#) by Dan Pink

[YNF Episode 88 Rob Bell](#)

[YNF Episode 89 Corrina Gordon-Barnes](#)

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### Guest links

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### Quote to remember:

*'The most absolutely powerful thing I've ever come across is to imagine that [the disappointment] is actually a pleasant surprise. A bonus versus of what it could have been.'*

## What You Will Learn

Christmas and the holiday season is a time people always expect to be full of fun and cheer. It's also a time of rest and Christmas breaks for professionals like you. However, disaster can strike and things don't always go as you expect them to.

Despite your expectations, the people around you are operating well outside of your zone of power. And through repeated experience, you might be able to predict just how the Christmas disasters will occur. You can learn to turn a disappointing and dramatic situation into something fun and playful. Better yet, by thinking about what might happen, you can find ways to prevent the disappointments in the first place. At times, all you have to do is ask. You'll find that your friends and family (mostly!) want a happy holiday season just like you.

You want things to go a certain way and you plan and prepare for it to happen. However, when you always expect things to be the best, you may be setting yourself up for pre-emptive disappointment. Find out what counterfactual thinking is and how it plays a role in making your reality a pleasant surprise rather than a horrible disappointment. Find what you can be grateful for and have a good time knowing that things can be so much worse.

Disappointment is a normal part of the human experience so don't be hasty to push it under. By letting yourself sit in the disappointment and honouring how you feel, you can move into gratitude and self-compassion. Moving forwards, you can learn how you can prevent it and even find that something good came out of it.



## Activity: Having a Merrier Celebration

Create your own Christmas / Other Celebration Bingo for the coming holidays. Fill each square on the bingo board below with all the things you expect might disappoint you or to go wrong this Christmas. Cross off your squares when it actually happens in real life, and have fun getting a full house!

CHRISTMAS BINGO				



The fun in this is not doing it alone! Create one with your friend or even family and be able to laugh about it together rather than letting it bring down your time together.

Now that you've predicted some of the trickier things that might happen, you can also think about how to prevent (or at least manage) them. Create possible solutions and plans to stop and write them down in the corresponding squares.

Making the card with your friends and family can also help you work together to improve the occasion.

PREVENTION BINGO				



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Sometimes you run into something that you know you react badly to. Know the dances that can lead to disappointment and change how you move. What's a usual trigger you might get upset about during events like Christmas / Family Celebrations?

Look at your body. How do you physically feel and respond to it? This is your dance, so name it as well. When you notice your dance starting, catch yourself. What's a different dance move you can do instead rather than your triggered response?

Your Usual Dance: _____	Your New Dance: _____

You can avoid disappointment by making it clear what exactly you want to happen. Don't be afraid to make a request. You can even address previous experiences and ask those involved to agree not to let it happen again. List the things you want to happen this Christmas.

**Your Christmas Request List:**

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Try the practice of downward counterfactual thinking. Switch your optimistic expectations and instead look at how things could go wrong. What's something you're excited about in the next few weeks?

List down how things can realistically go wrong. You'll be pleasantly surprised when the day comes knowing how bad the situation could have been.

**What Could Go Wrong List:**

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When you face a disappointing situation, know that it's okay to be disappointed. What disappointment are you going through right now? Sit in your disappointment and let yourself feel it. Share how you feel and whom you can seek comfort from in these times.

Now that you were able to sit in it, think about what you gained from what you went through. Compare your situation with how it could have been much worse.

What Actually Happened	How It Could've Gone Wrong
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Treat yourself with self-compassion. Who is the kindest person you know?

What would they say to you right now while you're struggling? Tell this to yourself.

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Think about what you've learned and how you can do things differently and much better next time. Reflect on how it could turn out for your good, what you might learn, and the opportunities even a bad situation can bring.

### CPD time claimed:

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