



Episode 173: Do I Disappoint Myself or Others?

We all know the feeling of disappointment. Whether it's due to us not getting what we want or someone making a mistake, it is something no one wants to feel. Something that happens when we fail in some way is that not only are we disappointed in ourselves, but other people are as well. This can make us prioritize the expectations of others over ourselves. After all, who likes the idea of disappointing the people we know?

In this You're Not A Frog Quick Dip, Rachel discusses how disappointment affects us and the people around us. There are so many ways we can disappoint ourselves through our actions and inactions. When you add the shame of disappointing others, it pushes us to ignore our needs in favour of theirs. However, sometimes there are just times when we have to disappoint others for our own sake. Through this activity, you will learn how to be okay with it.

Podcast links

[We Can Do Hard Things with Glennon Doyle](#)

[Regrets of the Dying](#) by Georgina Scull

More episodes of You Are Not a Frog:

- [Episode 123: How to Live With No Regrets with Georgina Scull](#)
- [Episode 141: You Choose](#)

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As much as we'd rather not to, there will always be times when other people and we are disappointed in our own efforts. However, there can be reasons behind this that justify our shortcomings. We are only human beings with flaws and limitations, and that will always get in the way of our goals and needs. Just because we don't meet expectations doesn't mean we are bad people.

Choosing between disappointing yourself or others is a tough choice to make. However, the right choice is the one that allows you to take care of yourself, even for just a little bit. If you have to disappoint another person despite your efforts, remember that you are just choosing to meet your own needs. When you are not disappointed in yourself, you are happy, which means everybody will be satisfied in the long run.

Activity: Knowing Your Limits and Needs

Q1. List down the ways you can disappoint yourself. Why does each one cause disappointment in you?

| The Ways I Can Disappoint Myself | Why They Disappoint Me |
|----------------------------------|------------------------|
| | |





Q2. What do you think when you are disappointed in yourself? What do you tell yourself?

Q3. Do the scenarios you mentioned in the first question disappoint others as well? Why or why not?

Q4. What do you do or feel when you disappoint others? What do you think is the reason behind this?

Q5. Which would you prefer doing, disappointing yourself or others? What are the consequences of each?



Q6. The truth is that whenever you are disappointed in yourself, everyone will be disappointed one way or another, and nobody wins. The key is to address the toxic feelings of guilt, shame, and fear you experience whenever you feel disappointed.

As human beings, we all have limits. Write yours down below.

Q7. Reflect on your answers to the previous question. What are your thoughts and feelings on having limits?

Q8. Go back to your answers to the first question. Which of these scenarios are caused by your human limits? Does this change the way you feel about being disappointed in yourself? How so?



Q9. With this realization, what can you tell yourself when your limits cause you to be disappointed in yourself?

Q10. The next thing we can do to deal with your toxic feelings is to think of what you need. Specifically, let's consider what you need to care for yourself.

In the left column, write down what you need this week. In the right column, think about how you can give these needs to yourself.

| What I Need This Week | How I Can Give These to Myself |
|-----------------------|--------------------------------|
| | |

CPD time claimed:

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