

When Someone Lets You Down

Work out what happened, what you need now, and whether to say something.

WHEN TO USE THIS

Use this after someone did not show up for you the way you expected.

What did you expect, and what happened instead?

How much does this change the way you see them?

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Not much

A lot

Sort out what was up to them and what was not.

WHAT THEY COULD CONTROL

WHAT THEY COULD NOT

What do you want now?

- ☐ An apology
- ☐ An explanation
- ☐ Nothing, just space
- ☐ For it not to happen again
- ☐ To say how it felt
- ☐ To let it go
- ☐ To step back from them
- ☐ I am not sure yet

What will you say to them, if you say anything?

Being let down does not always mean being wronged. Both still hurt.

