

# 10 THINGS TO DO WHEN SOMEONE YOU LOVE DISAPPOINTS YOU

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No matter who you are, what you do or how much money you have in the bank, you *will* suffer disappointment at the hands of someone who is supposed to love you. Your best friend, mom, sister, husband, child...will do something different than what you expected—and it will hurt. God offers hope in these disappointing situations. Work your way through these ten steps, and God will honor your obedience. *Think* right, *act* right, and then God will help you *feel* right, regardless of the situation.

1. **Know God is with you** in this situation. Furthermore, He's known every detail since before you were born. He knows how it is going to turn out...and He can work it out for your good and His glory! (Psalm 139:13-16)
2. **Allow yourself to be a human being** with feelings such as anger, frustration, hurt, and sadness. Things like tears, the need to talk it out with a friend, the desire to punch a pillow (a pillow is less costly than breakable china!)-these are natural results of stress. (Psalm 38:7-9)
3. **Stop and take a moment to acknowledge that what the other person did was wrong**, and then mentally *will yourself to forgive* the person. You probably won't *feel* very forgiving, because feelings are a result of our actions. By forgiving this person, you will slowly turn your feelings of anger into sadness and not grow bitter against him. (Matthew 18:21-22)
4. **Remind yourself that you are only responsible to do your best.** Don't feel guilty for other people's problems. Don't try to live up to other people's expectations. Don't feel you are responsible to *fix* everything (regardless of how much you might like to). Be realistic about what you can and should do. (Hebrews 12:1-2)
5. **Try to react well.** Stop, swallow, and keep your mouth closed unless it will help the other person and the overall situation. Do confront wisely and with a sweet spirit when the Spirit of God leads you to do so. (Proverbs 13:3)
6. **PRAY:** (Philippians 4:4-7)  
P-raise God for every good thing you can think of, read the Psalms, listen to praise tapes  
R-epent and confess (agree with God) about your own sins and shortcomings  
A-sk God for a tender heart and a proper perspective; pray for the other person's needs  
Y-ield yourself wholly to God--submit to His plan and will in this situation.
7. **Make a list of all the good things** about the other person and compliment him as often as possible (in private, in public, and to the Lord). Hearing yourself say good things about him will go a long way toward rebuilding your own respect for him. Practice being positive. (Hebrews 10:24-25)
8. **Adjust your perspective** by asking: "How does God see this situation?" (Proverbs 3:5-6)
9. **Take a day at a time** and get on with life. Getting back to the small details of everyday life provides a focus other than the hurt and problem. Doing normal activities also helps pass time, which brings healing. (Matthew 6:34)
10. **Go back and repeat these steps** as often as possible until the crisis passes and you realize the growth God has made possible in your life and perhaps in your relationship with the other person. (James 1:2-4)

Why do people seem to hurt the ones they love the most? Maybe it's because family is a safe place to vent, complain and air frustrations. Maybe it's because home is supposed to be a place where people can relax and be "real." Maybe after a bad day, their anger spills over onto whoever is closest.

The next time you get blindsided by someone else's selfishness, carelessness or mistreatment, take a few minutes to run through the ten steps above. In doing so, you cast your cares on the One who cares for you (1 Peter 5:7), the One who can walk you through the pain, toward His peace and provision.

Satan's greatest victories come when our relationships break down. Don't give Satan satisfaction! Ask God to help *you* be the person you need to be in the midst of disappointment. *Always* God is able to help us think well and act right as we trust, obey and give God the glory!