

FOR THE RECENTLY-LET-DOWN.

DISAPPOINTMENT EQUALS EXPECTATION MINUS REALITY

Disappointment is proportional to expectation; that's where the work starts

THE STOIC PRINCIPLE

When someone breaks a commitment, the immediate hurt is real. The longer-term work is auditing the expectation that set you up for the break. Not all expectations are equal. Some were earned. Some were optimistic. Tell the difference.

THE STOIC SUPPORT

"The foolishness of people who are surprised by anything that happens. Like travelers amazed at foreign customs."

STOIC STEPS FOR RADICAL RESILIENCE

Five moves for recalibrating trust without burning the bridge.

01

SEPARATE THE BROKEN THING FROM THE BROKEN TRUST

The plan broke is one fact. Whether they are trustworthy in general is a separate question. Do not conflate them. One missed promise is not necessarily a pattern.

02

ASK WHAT YOUR OWN ROLE WAS

Did you communicate the expectation clearly? Did you check in? Sometimes 'broken promises' are 'unclear contracts.' Hard to admit. Worth admitting.

03

RECALIBRATE, DON'T CATASTROPHIZE

Lower the trust by a notch on this one specific thing. Do not blow up the whole relationship on one data point. The brain wants to. Do not let it.

04

DECIDE WHAT YOU WANT TO COMMUNICATE

Sometimes silence and a recalibrated expectation is enough. Sometimes a conversation is needed. Pick deliberately. Do not reflex into either.

05

WATCH THE NEXT ROUND

The repair is in the next interaction. Did they follow through this time? That is data. One miss plus a clean second round equals human. Two misses equals pattern.

THE REFRAME

*The foolishness of being surprised by anything that happens. People are people.
The disappointment is in the gap. Close the gap. Not the door.*