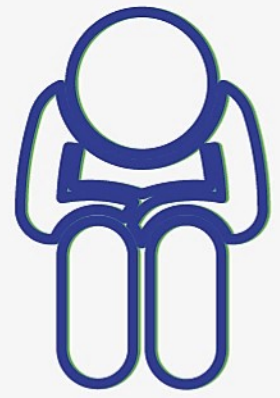





# WHEN PEOPLE LET YOU DOWN



It is Normal to Feel:

- **01** Anger at being tricked, betrayed or rejected
- **02** Disappointment in the person or the world in general
- **03** A desire for justice (or revenge!)
- **04** Regret for ignoring the red flags
- **05** Embarrassed, or feeling Like a fool
- **06** Grief for time, energy or money wasted
- **07** Loss of hope for the future
- **08** Doubt in your own judgement
- **09** Sadness at a loss of innocence
- **10** Difficulty trusting again
- **11** Overwhelmed at the thought of starting over

Coming to terms with what has happened can be difficult, but it's the first step in moving forward.



Set boundaries



Protect yourself



Seek help if needed