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

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