

I have an
expectation

bitterness
resentment
despair
let down



"I feel
betrayed."

I feel
hurt

What should
have happened...

What would
have happened...

"If ONLY
He had
cooperated."

I experience
disappointment

"I am
an idealist!"

An ideal
can become
an idol.

I
force it
to happen

"I am
helping
God!"

meddling
controlling