

## Still upset Labor lost? It's time to get over it



Mark Carter  
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The Federal Election is over and, like all elections, there must be a winner and a loser.

For Bill Shorten he went from what seemed Australia's likely next PM, to a former Opposition leader within hours.

As tough as this realisation was for Bill, it seems it was even harder to accept by his loyal supporters as they yelled out their disappointment across social media, some saying they were heading to New Zealand, some wanting to separate the rest of the country from Queensland, while others sought a way for the uneducated to not have a vote.

Such a theme is not uncommon in the modern world, with Britons struggling to come to terms with Brexit, demanding they keep voting until the decision was overturned, while in the US they blamed everyone from the deplorables to the Russians for putting President Trump in the White House, as the tears of disappointment flowed.

What is it about the modern age that sees the toys go out of the cot when grown adults do not get their own way?



It's always disappointing when your preferred party doesn't win the election, but how Labor voters have behaved since Saturday is a new level of brattiness. Picture: William West/AFP

This behaviour, normally displayed by toddlers, is all about the arrival of the sabotaging dark cloud of disappointment, which emerges as the light of delight dissipates — or that feeling you get when votes go the wrong way.

If this has struck you this week, do not fear.

This benign existence of disappointment you're feeling can only manifest into a more depressing weapon when you alone pull one (or more) of its triggers.

To move on you must let go of the notion that there is not as great a cost to the opportunity lost as you're thinking. You are not a victim, it was democracy.

And hating on those “deplorable” Queenslanders will not make you feel better.

It's time for you to let go of your attachment to the definitive outcome that you expected and take control of the emotions that are mastering your mind.

It should also help that having a ‘daggy Dad’ in charge of the nation can't be all that bad. Most of us have had a daggy Dad in our lives and for all their faults we still love them.

I'm not saying you should love Morrison, but by letting that anger and hatred go by accepting that it's normal to lose and not always get your own way it's likely to make you a better human being.

By identifying the triggers that sets negative emotions in play when you don't get your own way is important, after all you don't want to see these negative feelings triggered when the barista gets your soy latte order wrong.

So, let's put some strategies in place to counter these strong emotions, helping you to replace this disillusionment with joy and light.

Remember, nothing is permanent or lost forever and our nation's daggy Dad will face another election in three years (or not, given the way our political parties take out their leaders).

You're not a victim — it's kind of the point of a democratic election that sometimes those who hold views different to yours win. And if you were really a victim, you wouldn't have an ability to call your leaders out publicly without facing serious consequences, so be thankful you live in a peaceful democracy.



The great thing about democracy is that if you don't like Scott Morrison, you can vote against him in three years time. Picture: AAP/Dean Lewins

Spend some time looking at the broader world. In Britain they can't seem to decide on how to not be in Europe. At least no one is calling for a big wall in Australia.

Even better news for you is that if you were in a not-so-democratic republic, the likelihood is that your controversial tweet would have you sent to prison, rather than unleashed a torrent of abuse or applause.

Now for the last big hitting items, it's time to let your attachment to outcomes, charged with emotion, that lay at the heart of your disappointment go.

When you can learn to replace expectations with acceptance, optimism and hope, it's amazing how rapidly your disappointment will dissipate.

As the writer Paulo Coelho says "disappointments, defeat and despair are tools to show us the way".

With the election behind us, it's time to find your way.

Do not allow your disappointment to linger as the slight to steep sloping curve it leads you on will, ultimately, mean paying a price far higher.

If you can leverage today's disappointment to fuel your optimism, hope and practical action for tomorrow's delights, well, you just may survive your election nightmare.

***Mark Carter is an author, speaker and human behavioural expert.***