

Minimizing the Pain of Rejection

- ⇒ Remember that *everyone is rejected* from time-to-time.
- ⇒ *Do not assume rejection is personal*-if possible, try to find out why you were rejected.
- ⇒ If the same type of rejection is repeated, *think about what you are doing* or not doing to cause it.
- ⇒ Take rejection seriously enough *to use it to your advantage*, but do not dwell on it.
- ⇒ Avoid holding grudges or feeling angry or hostile. *Anger and hostility are counterproductive* and can prevent you from going on with your life.
- ⇒ Although rejection is uncomfortable, it will not ruin your life *if you do not let it*.
- ⇒ *Go easy on yourself* if you have made an effort to find out why you were rejected. Look closely at yourself if you do not try as hard as you should.
- ⇒ Always ask yourself, “**What can I learn from this?**”

