

Coping With Rejection

Questions to consider:

Is it you, or what you've done?

Do you get specific?

How long do you feel bad?

Do you have a plan?

Do you ever set yourself up?

Are you allowed to fail—ever?

What else is happening in your life?

Can you reject others?

Do you add excess baggage to rejection?

What to do when you feel rejected:

- Figure out what is actually being rejected
- Reassess your goals
- Tell the truth
- Try a new perspective
- Take time to recover
- Act instead of react
- Decide whether to seek help

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