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?”

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