

# THE EXTRA POINT

BY JERRY ROBERTS



## # 324 Cure Rejection With a Four-Letter Word

It's a word that we've all had to deal with. It carries with it pain, uncertainty, embarrassment, and often depression. I'm Jerry Roberts and let's talk about rejection, and the cure for it... today, on The Extra Point.

There are a lot of different kinds of rejection, and we've all suffered one or another at various times. When we were kids and nobody chose us to be on their team, that's rejection. We get a little older and ask someone out for a date and they say no. That's rejection. When all of our friends are invited to a party, but we're not. That's rejection.

We have the grades to get into a good college but the letter in the mail ends that dream. We apply to work at great companies and all of the interviews seem to go so well, but one by one, the answer is they chose somebody else.

When we get a job and we're excited so we start giving our boss all of our ideas and we know he/she will love them and be just as excited as we are, but they're not. Wait, none of them? But I worked so hard. Everything was just dismissed — and it was crushing.

We start a business and that's really exciting, but our family isn't excited, and don't want to be involved. Bankers refuse to loan us any money for it. When we struggle and get it going we take the idea on the street, but nobody wants to buy what we're offering. Rejection is everywhere and it's personal. The words, "It's not personal, it's only business, are a joke. It's my business, it's my career, it's my life. Every bit of it is personal.

None of us escapes rejection. We may dance around it most of the time, but eventually the music stops and there it is, once again, in our face...telling us we're not enough. Not tall enough, not slim enough, not rich enough, not smart enough. Not enough.

We teach kids math, science, language arts and it's proven that most of what we learn in school is forgotten in adulthood. But we don't teach what we now call emotional intelligence, people skills, which is exactly what all of us need for the rest of our lives. Nobody taught us how to handle conflict, and to cope with rejection, so we don't do it very well. Most people who lose a job do so over attitude and not getting along with others. Skills were probably not the issue.

How many more teenagers will make the worst decision of all, because of a broken relationship. How many more families will shatter and careers will end because the only coping came through substance abuse?

Rejection is tough. I've had my share and early on I didn't know how to handle it, either. That changed when I read the stories of people who saw rejection as actually being an opportunity in disguise, and they took action to move on from it. I decided the answer for rejection is a four-letter word. NEXT. N.E.X.T.

You don't want to go out with me? Okay, NEXT. There's somebody else who will like me for who I am. You don't want to hire me? Okay, NEXT. There's somebody else who will, and I'll bust my tail to help them be successful. You don't appreciate my hard work and ideas? Fine, NEXT. I'll find a new employer who will see me for the value I bring. When rejection shows up at your door, tell it straight up, "NEXT. Get outa my face, I'm busy." Then teach your kids to do the same.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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