

THE EXTRA POINT

BY JERRY ROBERTS



354 How to Handle Rejection

In Extra Point # 324 we introduced the word “next” in relation to being rejected, and said that’s what we say when somebody tells us we’re not good enough for them. I’m Jerry Roberts and that whole thing about “next” resonated with a lot of people, but it’s not the whole answer. So, today we go a bit deeper into the topic of rejection, on The Extra Point.

All of us will feel rejection at various points in our lives. Hurt, disappointment, anger, those things stay with us and we don’t forget them. Yes, we get over them, but we don’t forget. Rejection buries itself deep within us. I recall mine, and I’m sure you remember yours. It always hurts but maybe more so when we’re young and haven’t learned the tools that enable us to cope with it.

Kids laughed at us because of our clothes, or something about our physical appearance. A friend rejected us in favor of a new friend. We asked somebody out for a date and they said no. Or, maybe nobody ever asked us out. Later, we applied for job after job and were declined, time after time.

We get mad, either at the person or people who rejected us...or at ourselves for opening ourselves up to it in the first place. Sometimes we think, “Next time I won’t be so open. I’m not going to get hurt again.” That’s a big mistake because we close ourselves off to opportunities.

Let’s go through some steps on how to recover from rejection.

1. Know that we don’t have any God-given right to being accepted. People have a choice. Tough as it is to swallow that, you and I may not be what they’re looking for. That can be in matters of the heart, career, or anything else.

2. It doesn’t have anything to do about our self-worth. It’s only someone else’s opinion.

That’s all. Or, the circumstances may not have been right. Someone has their mind set on dating or hiring another person so they don’t want us. That means it’s about them, not us.

3. If you’re upset, maybe go somewhere you can’t be seen or heard, and yell and scream all you want. Go to the gym, punch and kick a bag until you’re exhausted. Get the anger out.

4. Process the rejection and — in your mind — “congratulate” the other party on their choice. I know you think I’m crazy. We want to hate on those who reject us, right? No, we want to get rid of the anger and the bad feelings, so we release all of that by saying to ourselves, “Okay, you found the one you were looking for. I’m happy for you and hope it turns out the way you want.” Trust me. Just try it.

5. If you need some space from the events, find a distraction. Take a trip, start up a hobby, join a league, take a college class. Meet new people. Introduce something different into your life to freshen things up a little.

6. In job-related circumstances ask for some helpful advice. Be humble, and say something like: “Would you mind giving me some feedback on why I was turned down, and what you feel I might want to work on to improve my chances for the next time I apply for a job?”

Finally, be ready with that word...next! Then, move on. Your future awaits you.

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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