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Personalization is an experience we all face at some point in our lives, whether it's in our personal relationships, professional endeavors, or social interactions. It can be painful and challenging, but understanding how to handle rejection gracefully can transform it into an opportunity for growth and self-improvement. Rejection may occur when a person or group perceives someone's attitude at connection. It can happen in a wide range of contexts, including personal relationships, professional settings, and social interactions. At its core, rejection can signify a lack of acceptance, which can challenge our sense of being and self-esteem.The pain associated with rejection may be rooted in our need for social connections and acceptance as well as the value we place on our connections with others. Historically, our survival depended on being part of a group, and although the circumstances have evolved, the emotional impact of feeling excluded can remain significant. When we face rejection, it may trigger a range of strong emotional responses, including sadness, frustration, and self-doubt. These feelings are natural and reflect the value we place on our social bonds and aspirations.Recognizing the nature of rejection can help us approach it more constructively, seeing it not as a personal flaw but as a part of the human experience. This understanding helps us build resilience, enhances our self-worth, and constructs a healthier, more positive approach to setbacks and disappointments. The five stages of death and dying (sometimes thought of as the five stages of grief) can give us a framework to understand and navigate our emotional responses when we're dealing with rejection. Recognizing that these stages are a common part of many emotional processes allows us to protect our sense of self-worth. It also highlights the importance of self-compassion and the need for supportive practices that can aid in our emotional recovery. Developing a growth mindset and viewing rejection as a learning opportunity can transform the experience into a step toward self-improvement and emotional strength.1. DenialInitially, there might be an unwillingness to accept the rejection. This stage serves as a temporary defense mechanism, giving us time to adjust to the new reality.2. AngerFollowing denial, feelings of anger may surface. This anger can be directed at oneself, the person who caused the feeling of rejection, or the situation at large. It's a natural response to feeling "let down" or "let down.3. BargainingAt this stage, we might attempt to negotiate a way out of our hurt. This could involve mentally revisiting the decision and imagining what could have been done differently to avoid the outcome.4. DepressionThe reality of the situation settles in, leading to a sense of sadness or depression. This is a reflection of the loss or disappointment experienced through rejection.5. AcceptanceThe final stage involves acceptance, where there is an acknowledgment of the rejection and its effects. This stage is important for moving forward, as it involves coming to terms with the situation and finding ways to grow from the experience. Handling rejection with grace involves understanding its emotional impact and finding ways to maintain emotional balance and self-worth. In all contexts, building resilience and self-worth is key. Developing a growth mindset, embracing learning opportunities, and learning self-compassion and self-care practices are helpful strategies. Reframing negative thoughts and reaching out to friends or loved ones can also help support emotional stability and personal growth.How to handle rejection from a friendRejection from a friend feels challenging because it impacts important social bonds. Recognize and accept your emotions without judgment.Seek support by talking to other friends or family members about your feelings.Reflect on the circumstances of the rejection to understand it better.Remind yourself of your value beyond this single relationship.Decide on your next steps, whether that's addressing the issue with the friend or focusing on other relationships.Romantic rejection can affect the way you see yourself and pursue relationships in the future.Allow yourself to feel and express your emotions in a healthy way in order to process them.Practice self-care by engaging in activities that promote wellbeing and self-compassion.Reframe the rejection by challenging negative thoughts and focusing on positive aspects of yourself and your life.Remember that rejection is not a reflection of your worth and remind yourself to stay open to future possibilities.Reflect on what you can learn from the experience and use it in personal growth.How to handle job rejectionProfessional rejection can impact career aspirations and self-confidence.Allow yourself to feel the disappointment and sadness of the rejection, but don't let it define you.Engage in activities that bring you joy and help you feel better about yourself and your future.Consider seeking support from friends, family, or a career counselor to gain perspective and guidance on your next steps.1. Acknowledge your feelingsIt's important to give yourself permission to feel sad, disappointed, or frustrated without judgment. Hold space for your feelings with the help of Lama Rodon's 'Caring for Your Grief Series.2. Reflect on the experienceAsk yourself what you can learn from the rejection and how it can contribute to your personal development. Practicing Acceptance is the first step toward acknowledging rejection and turning it into a learning experience.3. Practice self-compassionAvoid self-criticism and instead, offer yourself the empathy and care you would extend to a good friend. Start with the Radical Self-Compassion masterclass led by expert meditation teacher Tara Brach.4. Engage in self-carePrioritize activities that promote your wellbeing and relaxation. This might include exercise, hobbies, meditation, or spending time with loved ones. Ease into your self-care routine by following along with the 7 Days of Soothing Pain guided meditations to help relieve the mental (or physical) feelings of pain.5. Set realistic goalsEstablish achievable objectives for yourself in areas unrelated to the rejection. This can help rebuild your confidence and provide a sense of accomplishment. Tap into the 'Why' Behind Your Goals with the help of Jay Shetty. Remind yourself of your positive qualities and past successes. This can help counterbalance any negative feelings associated with the rejection.7. Maintain a positive outlookRecognize that rejection is a temporary setback and not a permanent reflection of your abilities or worth. Journey through the power of a positive mindset with Jeff Warren's 'The Reframe, a meditation on training your mind to work with you, not against you.8. Practice mindfulnessThis can enhance your emotional equilibrium and resilience by keeping your focus on the present and reducing fixation about the future.9. Seek support from friends and familyTalking to loved ones can provide a safe space to express your feelings and receive support and encouragement.10. Embrace new opportunitiesRejection can sometimes redirect you toward different opportunities that align better with your values and goals. Stay open to life's possibilities. When someone rejects you, it's important to respond in a way that maintains your dignity and respects the other person's decision. Consider acknowledging your feelings and allowing yourself to process the disappointment or sadness. It can help to engage in activities that support your wellbeing and help you regain emotional balance. If appropriate, you can express your feelings to the person who rejected you, provided it's done respectfully and without expectation. Moving forward, focus on personal growth and surround yourself with supportive people.Why does it hurt so much to be rejected?Rejection hurts because it may tap into our fundamental need for acceptance and belonging. When we are rejected, it can feel like a direct challenge to our self-worth and our place within a group or relationship. This pain is a natural emotional response, signaling the importance we place on our social connections and aspirations. Understanding that the pain is a common human experience can help in processing these feelings and finding constructive ways to deal with them.Should you be friends with someone who rejected you?Deciding to remain friends with someone who rejected you depends on the nature of the rejection. If maintaining a friendship doesn't compromise your emotional wellbeing and you feel capable of genuinely supporting and valuing the relationship without resentment or unresolved feelings, then it can be an option. However, if staying friends hinders your ability to move on or causes ongoing discomfort, it may be better to focus on other relationships that support your happiness and self-esteem.Why do I still have feelings for someone who rejected me?Continuing to have feelings for someone after rejection is normal. Emotional attachments don't vanish instantly, especially if your feelings were deep or the connection was significant. It's important to acknowledge these feelings and understand that it's okay to take time to process them. Don't be afraid to express your feelings to the person who rejected you, but be clear about your intentions. Whether or not you should talk to someone who rejected you depends on your reasons for wanting the conversation and what you hope to achieve. If you're seeking closure or clarity and believe a conversation could be constructive and respectful, it might be worth considering. However, if reaching out is likely to reopen wounds or if the interaction could be detrimental to your emotional recovery, then prioritize your emotional health and wellbeing by focusing on healing and moving on independently. Mental health is hard. Getting support doesn't have to be. The Calm app puts the tools to feel better in your back pocket, with personalized content to manage stress and anxiety, get better sleep, and feel more present in your life. Calm Editorial Team
Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. When you learn how to handle rejection from a guy, it makes you stronger instead of making you feel more insecure.It's possible to get to a place where rejection isn't a big deal. It can even feel positive after a while.Getting upset about rejection simply bogs you down and you realize moping around is a waste of time. The sooner you can get over it and move on, the sooner you can get back out there to meet someone great.RELATED: 5 Ways To Stop Typing Your Self-Esteem To Your Relationship StatusHere are 8 ways to handle rejection from a guy so he never breaks your heart.1. Cultivate a biased, thankful attitude about rejection.Letting yourself be interested in someone new over and over again while getting your feelings hurt can make you want to crawl into a hole and give up on dating altogether. It can also help you create a healthy relationship with a new person.2. Stop judging people who know you and you to learn from them. If you know someone already good at flirting, ask them about it in the beginning. If you're not good at it, you can learn from them.3. Stop being afraid to ask for help. If you're not good at it, you can learn from them.4. Stop being afraid to ask for help. If you're not good at it, you can learn from them.5. Stop being afraid to ask for help. 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yourself time to grieve, you've talked it over with a trusted friend, you've done all you can and are doing amazing. Now's a great time to accept who you are and enjoy each day.[12] If you find yourself really and truly unable to let go of the rejection, it is a good idea to seek professional help. Sometimes thought patterns (i.e., "I'm not good enough.") become a negative feedback loop. A good professional can help you break this pattern and build your self-esteem. Advertisement Our brains are wired to compare rejection to actual pain. Rejection activates the same areas in our brain that physical pain does. Because of this phenomenon, even a tiny rejection—like not getting an invitation to a party—can sting. Evolutionary psychologists suggest that we evolved to react dramatically to rejection so we'd fight for a sense of belonging in society.[13] Rejection can also affect your self-esteem, impact your mood, and cause you to believe you don't "fit in" with others. It's natural if you criticize yourself after being rejected, but this habit worsens your self-image. Even though your brain might initially react negatively to rejection, if you train yourself to build a positive thinking mindset, you can soothe hurt feelings and strengthen your self-esteem. Rejection helps you embrace self-acceptance and support networks. If someone turns you down—whether it's a romantic interest, friend, or interviewer—use their "no" as an opportunity to find a "yes" somewhere else. Prioritize anyone who gives you positive feedback. Ultimately, rejection invites you to seek out places where you're valued and cherished.[14] Find people who love you unconditionally so that you never doubt where you stand with them. Meet new people to connect with folks who embrace what you find important, from volunteering to video games. Search for jobs until you've found the perfect match in a company that celebrates the skills you have to offer. Love yourself and celebrate everything that makes you uniquely you—you'll definitely find "your" people and opportunities that are a great fit. Advertisement 1 Remember you are allowed to say "no." This can be a hard one for a lot of people, especially if you just want to be nice, but you're never under any obligation to say "yes" to something you don't want to do. When you establish boundaries learn to politely assert yourself, you'll create a stress-free situation for yourself.[15] If someone asks you on a date and you don't want to go with them, you can tell them in a straightforward manner that you're not available. Say something like, "I really appreciate you, but I'm not romantically interested in you." If your friend really wants to go on a trip and you're not up for it or can't afford it, let them know ASAP with a remark like, "Hey, it's just not in my budget and I'm feeling like a slycation. I hope you have fun though! Take lots of pictures!" 2 Be direct. One of the best ways to communicate effectively and get your message across that you're not interested is to be straightforward. Instead of talking around the situation, be nice but express your feelings. To strike the right balance between good manners and total honesty, check out these "what-if" scenarios for inspiration.[16] If you've already turned down a date but someone keeps trying to get your attention, say something like, "I feel confident about what I've said. I know you'll find someone great, but I really need to focus on doing my own thing." When you don't want to pursue dating but still enjoy someone's company, suggest keeping your friendship—"I'd still love to stay in touch and hang out. I think you're fun to be around." If you're interested in an idea, but you're just not ready right now, then say where you're at—"Thanks for thinking of me! I'd love to go on a girl's trip to Napa eventually! I've got a ton of finals this month, though." 3 Be specific with your feedback. While you're definitely entitled to your privacy and don't owe anyone an explanation, give someone pointers if you feel up to it. When you criticize constructively, you'll help a person identify areas of improvement, like their writing or communication style. Your kind honesty will lift you both up because you'll move on to a brighter future.[17] If someone wants to date you but you aren't interested, guide them toward a better match. For instance, say, "I'm not ready for a long-term commitment. I bet if you write that you want to settle down with someone in the next 5 years, the right person will come along!" If you're rejecting a person's work, like a poem for your magazine, explain what didn't match your publication's style—like their theme, structure, or use of clichés. They might be able to adjust their approach to match your needs or find a platform that embraces their unique voice. The more quickly you gently turn someone down, the faster they'll be able to overcome rejection and focus on self-growth. Advertisement Add New Question Question I have been rejected by women I tried to date several times. How do I get over this and remind myself that this won't hold me back from building a meaningful relationship with a woman? wikiHow The most trusted how-to site on the internet. Our goal at wikiHow is to deliver trustworthy articles that engage our readers and meet their informational and emotional needs. For 15 years, we've committed to our step-by-step teaching model, and we continue to refine our content to create the best how-to experience on the Internet. We've helped millions of people solve problems, learn new skills, and feel supported in the ordinary and complex moments of life. Everyone here at wikiHow wants you to keep your head up and continue the search for love (if that's what your heart is guiding you to do). Finding "the one" can definitely take a lot of time, but it's worth it for the right match. If you are being turned down several times, you might be pursuing people who have already stated that they're not available for a relationship. In order to boost your rates of success in the dating market, start fresh. Think about what might've made you incompatible with others in the past—maybe you had different goals or communication styles—and put yourself out there again. This time, share what you love about life, like a passion for hiking, and try a new environment, like a meetup group, to connect with potential new flames. Best of luck! Question I noticed that a girl was checking me out and even flirting with me a lot, but now she rejected me. Why would that happen? wikiHow The most trusted how-to site on the internet. Our goal at wikiHow is to deliver trustworthy articles that engage our readers and meet their informational and emotional needs. For 15 years, we've committed to our step-by-step teaching model, and we continue to refine our content to create the best how-to experience on the Internet. We've helped millions of people solve problems, learn new skills, and feel supported in the ordinary and complex moments of life. It can be confusing when you get signs of a possible new romance, but then someone's approach changes. First off, the most important thing to do is to not take her rejection personally. It's very likely that she was interested in you and wanted to get your attention. However, other circumstances might've come up. For example, her ex might've resurfaced in her life, or she may be going through a lot of stress and isn't ready to date. Respect where she's at right now and focus on how you can enjoy yourself, whether it's on your own or with a new romantic interest. Ask a Question Advertisement Thanks Advertisement This article was co-authored by John Keegan and by wikiHow staff writer, Madeleine Flamiano. John Keegan is a Dating Coach and motivational speaker based in New York City. With over 10 years of professional experience, he runs The Awakened Lifestyle, where he uses his expertise in dating, attraction, and social dynamics to help people find love. He teaches and holds dating workshops internationally, from Los Angeles to London and from Rio de Janeiro to Prague. His work has been featured in the New York Times, Humans of New York, and Men's Health. This article has been viewed 1,624,471 times. Co-authors: 127 Updated: April 25, 2025 Views: 1,624,471 Categories: Featured Articles | Handling Rejection Print Send fan mail to authors Thanks to all authors for creating a page that has been read 1,624,471 times. "I got rejected by a girl today, but I have been waiting like half a year to ask her out. This is helping me move on. You just need to keep your head up and move on because getting rejected is a normal part of life. Just to everyone who got rejected, you aren't a bad person, and the girl or boy is probably missing out, or just won't work with you. But there is someone out there for everyone, so just keep going. The best relationships are when you build a bond with the person, then date..." more Share your story