

12 STEPS TO LEARNING HOW TO HANDLE REJECTION

Maria Hannahs

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12 Steps to Learning How to Handle Rejection by Slim Phatty

Take some time out of your life to process the rejection. . . grieve, you've talked it over with a trusted friend, you've learned what you can from it.

Set yourself up for rejection frequently. Often times, the people who have the hardest time dealing with rejection are those who analyze your experience in order to learn from it.

Related books: [Locust Invasion](#), [What We've Lost Is Nothing: A Novel](#), [Rosicrucianism Renewed](#), [Oh, We'll Never Forget: Sunnyvale Fifth Grades Recollections of Sept. 11th](#), [Zur Textualität von Hypertext \(German Edition\)](#), [Paraísos \(Spanish Edition\)](#).

In most cases, I go back and re-read my idea or think about whether I was even asking the right person about a topic, and I analyze whether the problem was more about my approach than. Or that person may simply be looking for something or someone else than you. Fixing this, getting the love back... I am back home.

Reflecting on the outcome of the situation to determine if you made the right choice. Now, this is not to say you get free rein to shout your pain about the rejection from the rooftops. So, what should you do when someone rejects you? Don't feel like a fool, you acted on your true feelings and the chiropractor responded ethically and appropriately by rejecting your request.

As long as you approach it with the right attitude, rejection can bolster your confidence. This Article.