

HANDLING REJECTION

What is rejection?

- You do not get something that you want
- Someone tells you "No"

Examples of rejection:



Your boyfriend or girlfriend breaks up with you



You do not get the job you want



Your family tells you you cannot have something



Your friend does not want to hang out



Your crush does not like you back

Is rejection OK?

- Yes. We do not always get what we want
- It is OK for someone to tell me "No"
- It is OK for me to say "No"

How to handle rejection:

