Dealing with Rejection

Often when people talk about being rejected they compare it to a real physical pain. Like an actual slap in the face, rejection can be painful. Once suffered, the reaction might be to avoid it at all costs. However, we need to accept the fact that it is something that is going to keep happening. Rejection is something that we have to deal with in order to succeed.

While it is okay to take a few days off when you have been rejected, it is usually not beneficial to spend more time than this on the sidelines. The more you dwell on the rejection, the more likely you are to quit trying and this is never the solution for the problem.

After a few days, you should begin to try to analyze the situation and decide what you might have done wrong.

Why Were You Rejected?

There can be many reasons your request for a date was rejected or no reason at all. Ask yourself these questions to determine if there are changes you might need to make before you try again.

1. **Was I too outspoken?** (Honesty is good, but expressing strong opinions before you get to know a person can be disconcerting.)
2. Was I too abrupt? (Did you take time to start a conversation) and make him/her feel comfortable before you asked for a date?)

3. Did I come on too strong? (Some people are turned off by someone acting too eager. If you are eager, take a few deep breaths and calm down before you approach a person.)

4. Were you clear about what you wanted? (Did you specifically ask her/him for a date or did you say something wishy-washy like, “Maybe we could go out sometime.)

5. Did I act too desperate? (Desperation is a definite turn-off for most people. Don’t act as if your life depends on the person saying yes to you. Try to keep it casual.)

6. Did I do my homework? (If you ask someone who is already in a relationship for a date, you are most likely going to be turned down.)

7. Was my body language good? (Did you stand up straight with shoulders back looking confident?)

8. Did I have a good attitude? (Your attitude can make a big difference in the way that people see you. If you aren’t confident about being successful, it might be obvious to the person you are asking out. Why should they say yes if you have already convinced yourself they will say no?)
9. Did I assess the situation? (Were you aware of what was going on with the person you asked for a date? Sometimes people are having a bad day and they are more likely to reject you because of this. If you’ve got your nerve up to ask for a date and notice that the person is in a bad mood, it might be better to just have a brief conversation and try to make them feel better. Wait for a better time to ask for a date.)