

MODULE 1:
WHY IS IT SO
HARD TO BE
CONFIDENT?

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Feeling Rejected: What is it, and how to deal with it?

The feeling of rejection can be painful. It involves being excluded from a social relationship or interaction, and can be active or passive: for example, bullying or teasing someone, giving silent treatment, or ignoring people. We might respond to rejection with feelings of hostility, dejection, withdrawal, and even jealousy.

Rejection is a universal experience, and it can be painful. But knowing where rejection comes from, and implementing some strategies for dealing with it, can help you feel less hurt by this human experience.

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Examples of Rejection: These are just a few examples of what rejection can look like.

- **Work examples -**

- You don't get the job you really wanted
- Someone else gets the promotion you wanted
- Your coworkers go to lunch and they don't invite you
- Everyone in a meeting ignores you when you share your ideas

- **Familial Rejections -**

- Your relatives share inside jokes that you are not made privy to
- Your family forgets about you when they take a family photo
- Your family goes to restaurants that they know you can't eat at (if you have health issues or dietary constraints)

- **Relationship Rejections -**

- Your partner breaks up with you
- Your partner says "no" to a marriage proposal
- Your partner doesn't invite you when they hang out with their friends
- Your partner doesn't want to attend your important life events

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We can always benefit from learning to deal with rejection in healthier ways. This can help us decrease both the emotional and physical pain that accompanies rejection. We might use these strategies to handle job rejection, romantic rejection, or social rejection from friends or family. Here are some ways:

- **Write about your rejected feelings** - Try processing your feelings of rejection by writing them down.
- **Practice accepting rejection** - Acceptance means you acknowledge and accept yourself, your thoughts, and your emotions. Then act on them accordingly.
- **Focus on the positive** - allowing yourself to acknowledge the rejection can help you access the positive emotions more easily.
- **Emotionally distance yourself** - using an outsider's point of view; such as a fly on the wall, can help the negative emotions go away quicker.

Rejection is inevitable, but with the right coping measures we can reduce the painful emotions we feel from being rejected.

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Constructive Criticism for Self-Confidence

Using constructive criticism effectively can significantly boost self-confidence by providing valuable insights for personal growth and improvement. When you receive constructive criticism, approach it with an open mind and a willingness to learn.

Instead of viewing feedback as a personal attack, see it as an opportunity to identify areas where you can develop and enhance your skills. Reflect on the feedback objectively, considering the specific points mentioned and how they can be applied to improve your performance or behavior. It's essential to separate your sense of self-worth from the criticism. Implement the suggested changes and monitor your progress, recognizing and celebrating the improvements you make along the way.

By using constructive criticism as a tool for growth, you build resilience and a proactive mindset, both of which are key components of self-confidence.