

The Silver Lining of Rejection

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Getting rejected, whether it's for a career position or in a relationship, can be one of the most challenging events you'll ever experience. ***So it may be hard to believe that there is a silver lining when it comes to rejection, but it's true!*** There are some positives about being rejected.

Consider these points whenever you've gone through an experience involving rejection:

1. You get a "do over." A rejection likely signals an end of something. Perhaps it's the end of a romantic relationship. Or maybe it's the end of going through a tedious process of a job search.

- Whatever the case, when a rejection occurs, something new is about to begin. Maybe you'll be able to date again. Perhaps you'll settle back in to your current job with renewed efforts.
- ***You get to start over when rejection occurs and that can be a real "plus."*** Recognize it.

2. You have time to reflect on the rejection. You can ask yourself, "What part did I play in this situation?"

- When you ponder how you behaved, the actions you took, and how you might have affected others throughout whatever transpired before and during the rejection, it can be enlightening.
- Take a few moments to think about how you conducted yourself through

the situation. Be glad for the time you now have to increase your self-awareness.

- ***Figuring out anything you might have done or not done can help you with a different approach in the future.***

3. Ask yourself, “What, if anything, do I want to change about myself?” If you wish to change something about yourself, go for it! ***Especially after a rejection, it’s good to re-focus back on yourself for a while.***

4. Acknowledge the fate aspect of the situation. Perhaps it was fate. There may be something more fulfilling, enticing, or adventurous waiting for you around the next corner.

5. Take the bull by the horns and make some plans for your future. What life goals do you have? What do you need to be doing right now to get closer to achieve them? Put some plans into place so you know exactly where you’re headed.

- ***Use the clarity you have after the rejection to motivate you.***

6. What did you learn from the experience? Jot down what you learned about yourself, the situation, the other person involved, the interview process, or whatever else it may be.

- Perhaps you learned to prepare more for your interviews in the future. Maybe you discovered you should have listened to your gut when it told you not to get involved with that person. Perhaps you realize now that you gave too much in a situation without expecting anything in return.

- ***Figure out what you learned from the process.*** You will undoubtedly be able to use that information later.

7. Get to the point where you can say, “It was worth it.” Every life experience gives us something. After you figure out what you learned, then you can

acknowledge that whatever you went through was worth it.

The silver lining of rejection allows you a “do over.” You get time to think about the part you played in the situation. You get an opportunity to make changes in yourself and acknowledge that fate took its course.

You have a renewed option to make plans for your future and determine what you learned from the experience. Ultimately, the silver lining is that you can say, “It was worth it.”

Learn to move forward with confidence and purpose after a rejection. Rediscover your passion for life. Renew your efforts to discover the pathway toward the life of your dreams!