**Learning from Rejection**

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Whether it’s getting told you’re not someone’s type, your creative efforts aren’t up to the mark, or that you’re just not right for the job—rejection always **stings**.**1** What’s more, fear of rejection can be crippling and will often stop someone from **pursuing2** their **ambitions3** to avoid getting shot down.

As social animals, our fear of rejection goes all the way back to our hunter-gatherer roots. If one of these ancient humans was rejected from their **tribe**,**4** that person would likely face death from hunger or the weather. In fact, scientists have proven that our **negative5** feelings toward rejection are hardwired in our brains. According to a 2011 brain-imaging study, social rejection creates activity in the same area of the brain that physical pain does. That’s why when you get rejected, it really, really hurts!

But rejection doesn’t have to be an **altogether6** negative experience. Getting rejected and dealing with it in a positive way can build your personal resilience and help improve your future efforts. For example, some of the world’s most accomplished people—JK Rowling and Elon Musk to name a couple—are themselves experienced rejects!

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When faced with rejection, don’t **respond1** with **bitterness2** or anger. Instead, focus on healing your self-esteem. Try making a list of your **achievements3** to date. Be proud of those achievements; take some time to think back over your experience. See if you can learn from the rejection. What might you do differently next time around?

Still, it’s hard not to feel down on yourself when someone you love rejects you. If you’re going through a breakup, write down all of the traits that you didn’t appreciate about your partner. This can help you figure out why it didn’t work and what you want in a future partner.

Aside from **romantic4** rejection, sometimes social media can cause you to feel left out or **jealous.5** For example, maybe one of your **posts6** doesn’t get many likes. Should this happen, try to avoid negative self-talk. Remind yourself of all the positive things and people in your life.

And most importantly, remember that you have lots to offer. Don’t let rejection stop you from living your life. After all, rejection is just something that happens on the path to success.