

100 DAYS OF REJECTION THERAPY

These are the 100 days of Rejection Therapy that started it all. My goal was to desensitize myself from the pain of rejection and overcome my fear (I explain my reason why here in my [TED talk](#)). Three criteria I set for myself: 1. Ethical (no lying or marriage-undermining) 2. Legal 3. Doesn't defy the law of physics.

If you want to read my newest writing, check out my new blog - [DareMe](#), where I write about hacks and habits I've developed using Rejection Therapy principles to improve yourself.

- [Rejection 1: Borrow \\$100 from a Stranger](#)
- [Rejection 2: Request a "Burger Refill"](#)
- [<fav> Rejection 3: Ask For Olympic Symbol Doughnuts](#)
- [Rejection 4: Deliver Pizza for Domino's](#)
- [Rejection 5: Have a Tour in a Grocery Store Warehouse](#)
- [<fav> Rejection 6: Play Soccer in Someone's Backyard](#)
- [<fav> Rejection 7: Speak Over Costco's Intercom](#)
- [Rejection 8: Get Number One Spot in Best Buy's Thanksgiving Line](#)
- [<fav> Rejection 9: Send Stuff to Santa Claus Through Fedex](#)
- [Rejection 10: Listen to Happy Birthday Song When It's Not My Birthday](#)
- [Rejection 11: Learn Sales From the #2 Car Salesman in the Country](#)
- [Rejection 12: Ask Jackie to Talk to Millions of People](#)
- [Rejection 13: Take an Unregistered Exam](#)
- [Rejection 14: Give \\$5 to Five Random People](#)
- [<fav> Rejection 15: Be a Live Mannequin at Abercrombie](#)
- [<fav> Rejection 16: Ring a Bell for the Salvation Army](#)
- [Rejection 17: Borrow a Dog From the Humane Society](#)
- [Rejection 18: Give Weather Forecast on Live TV](#)
- [<fav> Rejection 19: Make Announcement on a Southwest Flight](#)
- [Rejection 20: Have Jeff Probst Sing a Song to My Son](#)
- [<fav> Rejection 21: Ask Strangers for Compliments](#)
- [Rejection 22: Get "Thai Torture" at Amy's Ice Creams](#)
- [Rejection 23: Be a Greeter at Starbucks](#)
- [Rejection 24: Exchange Training With a Personal Trainer](#)
- [<fav> Rejection 25: Dance With a Dancing Santa](#)
- [* Rejection 26: Give a Lecture to College Student](#)
- [Rejection 27: Get Donation For Charity on The Street](#)
- [Rejection 28: Make a Sale For Best Buy](#)
- [Rejection 29: Learn Making Chai Tea From Barista](#)
- [Rejection 30: Slide Down the Firepole at a Firestation](#)
- [Rejection 31: Be a Santa to a Santa](#)
- [Rejection 32: Get a Free Room at a Hotel](#)
- [Rejection 33: Grill My Own Meat at Salt Lick](#)
- [* Rejection 34: Find a Job in One Day](#)
- [<fav> Rejection 35: Ask a Girl Out to Dinner](#)

- <fav> Rejection 36: Trim My Hair at PetSmart
- Rejection 37: Dry-clean My Tire
- Rejection 38: Challenge a CEO to a Staring Contest
- <fav> Rejection 39: Race a Random Person
- Rejection 40: Partner Up to Buy Lottery
- <fav> Rejection 41: Sit in Police Car's Driver Seat
- Rejection 42: Write an Article for Businessweek
- Rejection 43: Hug a Walmart Greeter
- <fav> Rejection 44: Dance on Security Camera
- Rejection 45: Put Sunglasses on Random People
- Rejection 46: Borrow \$100 Bills From Bank for Paper Plane Fight
- Rejection 47: Pump Gas for Strangers
- Rejection 48: Bike Race at Toys R Us
- <fav> Rejection 49: Interview a Panhandler
- [Special] Rejection 50: My Only Day at New Job
- Rejection 51: Make My Own Sandwich at Subway
- Rejection 52: Be Like a Southwest Pilot
- Rejection 53: Ask Zappos Employees to Gangnam Style
- <fav> Rejection 54: Dance With My Waitress
- Rejection 55: Get a Private Jet Ride From Tony Hsieh
- <fav> Rejection 56: Attend a Random Superbowl Party
- Rejection 57 – Buy Quarter of a Shrimp
- Rejection 58 – Name My Own Price at Dollar Tree
- Rejection 59 - Set Up a Printer Stand at Starbucks
- [Special] Rejection 60 - My First College Lecture
- Rejection 61 - Plant a Flower In Someone's Yard
- Rejection 62 - Sell Cookies for the Girl Scouts
- Rejection 63 - Evil Queen and the Six Snow Whites
- Rejection 64 - Work at a Whataburger Drive-Through
- <fav> Rejection 65 - Sleep at Mattress Firm
- Rejection 66 - Rejection for Everyone
- Rejection 67 - Observe a Highschool Class
- <fav> Rejection 68 - Exchange Secrets with Strangers
- <fav> Rejection 69 - Buy Fresh Fruit at Jamba Juice
- Rejection 70 - Get a Discount at Target
- Rejection 71 - Change Coffee Shop's WIFI Password
- Rejection 72 - Be The Worst Salesman Possible
- Rejection 73 - Learn Spanish at Supermarket
- Rejection 74 - Hire a Job Seeker On the Spot
- Rejection 75 - Make Pie with My Own Ingredients
- Rejection 76 – Get a Live Interview on Radio
- Rejection 77 – Fix a PC at the Apple Store
- <fav> Rejection 78 – What Happens When Trying to Feed a Lion
- Rejection 79 – McDonald's Challenge (Afternoon McGriddle)
- Rejection 80 – Test Drive an Expensive Car
- Rejection 81 – Be a Tour Guide at Museum
- Rejection 82 – Sit On Lincoln's Lap... and More
- <fav> Rejection 83 – Exchange Rejection for Smile in DC

Start Rejection 80 - Learning Rejection for Small Business

- <fav> Rejection 84 – Draw Portrait of Strangers (with Dom Rabrun)
- <fav> Rejection 85 – Rejections in a New York Minute
- Rejection 86 - Pictures with Strangers
- <fav> Rejection 87 - SkyJump off a Building (rejecting my fear)
- Rejection 88 - Play Rock Paper Scissors Lizard Spock with a Stranger
- Rejection 89 - Skate at Sonic
- Rejection 90 - Get a Ride on a Bucket Truck
- Rejection 91 - Learn a Martial Arts Master's Favorite Move
- Rejection 92 - Fly a Gyroplane
- Rejection 93 – Play Pick-Up Line Tournament With Random Ladies
- Rejection 94 - Grow a Dollar 10 Times
- Rejection 95 - Borrow a Book From Barnes & Noble
- Rejection 96 - Interviewing a Female Bodybuilder
- Rejection 97 - Give a Speech on the Street
- Rejection 98 - Take a Tour Underneath a Plane
- Rejection 99 - Ask Strangers to Rate My Look
- Rejection 100 - Interview President Obama

If you like Jia's writings, check out his new blog on investing money and time: [Love Investor](#).

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