

## Dealing with Rejection

I can guarantee that you will be rejected along the way. It's a given. Once you have come to terms with that one fact, you can begin to get over the fear of rejection once-and-for-all. It simply comes with the territory. The real question is, how do you deal with it?

I have a few tools that I learned from my early days of being a professional actress. You needed to have pretty thick skin to deal with the inevitable rejection that came with the job. So, here are my tidbits of wisdom that kept me happy and in the game.

- **Do not take it personally.** I cannot emphasize this one point enough. Sometimes there is no rhyme or reason why you did not get the job, or the client, or the big sale. It may have had nothing to do with you at all, and yet there is an inner voice that is perpetually telling you that you were the one to blame. Rubbish! The more you can train yourself to be less sensitive and critical of your every move, the happier you will be.
- **Feelings are not facts.** Again, when things are not going the way you want, you will likely have strong feelings. These feelings will often lead you to conclude "truths" about a given situation. Be warned! Feelings are not facts, so why waste valuable energy on some drama that may or may not be true. Pick yourself up, dust yourself off, and move on.
- **Pause before reacting.** When facing any kind of rejection you will likely have the urge to DO something. Give yourself a giant gift by pausing before sending that snippy email, or storming into a room demanding an apology, or drowning your sorrows in a pint of Rocky Road ice cream. You will give yourself some perspective by simply pausing before taking any action you may regret later.

The fact is, life is full of curve balls and we learn the most from our obstacles, not our successes. THANK GOODNESS I did not land a massive career in television. I would likely not be teaching you right now. (And I am so happy I am!)

<http://www.alexafischer.com/how-david-mamet-made-me-almost-famous-my-night-at-the-moth/>

## Tools to Deal with the Pain

I can't promise that it won't hurt when you get rejected, but when you do feel a bit blue, here are some quick remedies to get you back in Camp Positive.

- **Flick:** Grab an elastic band and put it around your wrist. Instead of incessantly berating yourself in your mind, give yourself a firm flick on your wrist by snapping the band. If you want to beat yourself up, fine. Do it quickly and be done with it. You are not helping anyone by tearing yourself down mentally. Get it out of your head and onto your wrist. Then let it go.
- **Write:** Do you have your rejection story running around in your head and you can't seem to make it stop? Why not do a brain drain on a piece of paper? Grab a pen and pad and write down all your thoughts, feelings, juicy details, frustrations, disappointments and anger in one long free-association. Get everything out. Once you are finished, find a shredder and say good-bye to that story forever.
- **Shower:** When you are feeling stressed out, or have had a particularly "toxic" day, give yourself the gift of a nice, hot shower. Water has wonderful healing properties and you can certainly choose to wash that day right out of your hair. If you find that you don't have time to shower and need some instant rejuvenation? Go ahead and wash your hands and face. You'll feel the bad vibes go right down the drain.

Rejection is a part of life and when you know how to deal with it gracefully you have more energy available to do your great work. Shine on!