

Dealing *with* Rejection

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

Christine Caine, who led an international organization called A21 in rescue efforts to save victims of the human slave trade, shared a poignant story about how her search for her biological parents resulted in the discovery of her birth certificate recording her name as “Unnamed” when she was born. She was simply known then as 2508. She recalled her earlier days as marked by a strong sense of rejection.

Many of us have our own experiences, and sometimes, untold stories of being turned away, turned down or even tossed out. These experiences often instilled a deep sense of unworthiness in us, creating a warped and harmful self-perception. Once entrenched in the depths of our being, it could take a herculean effort to uproot these toxic, self-defeating strongholds.

Unfortunately, we often carried these scars throughout the course of our lives, and these wounds would manifest themselves in troubled thoughts, behaviours and relationships. Suffice to say, people are known to cope with the sting of rejection in ways that only aggravate the pain. As the saying goes, hurting people hurt themselves and eventually, others.

Most of the poor treatment we received from others, whether it is callousness or downright abuse, were done by people with unresolved issues or it was just that they did not know any better.



Page 1 of 2

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting. If you would like to speak to a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

Dealing *with* Rejection

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

Insensitive behaviour from others are likely to elicit strong emotional responses from us. But before we allow negative thoughts and emotions to dictate our response, we need to step a step back and consider whether our own response would lessen or deepen the pain. All too often, prolonging the pain leads to a vicious cycle of anger, resentment and self-condemnation.

Whenever we find ourselves bearing the brunt of a rejection, we need to make a stand and ask ourselves, “when will this vicious cycle ends?”, and more importantly, “will I be the one to end this vicious cycle?”.

Sometimes the sense of rejection was not due to the behavior of another, but rather our own interpretation of the event. Whether it is an unsuccessful job application, someone declining our offer for friendship, or not receiving the affirmation or help that we need, we run the risk of viewing these setbacks as a devaluation of our self-worth if we take these rejections personally.

Regardless whether the feeling of rejection arises from our self-appraisal or the action of others, it would serve us well if we remind ourselves constantly that facing rejection is part of life, and learning how to translate this life experience into character building is more crucial than the setback itself, and at the same time, keeping our sense of worth intact and unscathed.



Page 2 of 2

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting. If you would like to speak to a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.