

Handling Rejection Discussion

Directions:

Answer the questions below regarding rejection you have experienced and how you have coped with it. Then, get into a group of four or five to share your answers, learn about your group members' answers and discuss the subject.

1. How does it feel to be rejected or passed over for an opportunity you want?
2. How do you manage your feelings after being rejected?
3. What are some healthy and unhealthy ways you have used to cope with rejection?
4. What is your advice for someone who is trying to cope with rejection?