

Dealing With Rejection Workshop Guide

The goals and objectives below are meant to be a guide for individuals or groups, you may adjust according to your group or individual needs. We suggest that you also use the Fair Shake Reentry Packet as a classroom guide by sharing the given text and discussing it.

Goals and Objectives: The goals and objectives of this section are to provide tips that will assist the participants with dealing with rejection as they transition back into society. The participants will have a full understanding of why it is necessary to deal with rejection effectively.

Discussion: You may use the paragraphs and questions below for discussion, but we encourage you to develop your own questions that correlate to the Dealing With Rejection section of the Reentry Packet. This is to provoke personalized thoughts and experiences so that the material is as effective as possible for each participant.

Shared Experience:

Being rejected is not a good feeling and it is easy to be negatively affected when we're faced with it. It is a part of the human experience from early childhood throughout the course of our adult lives and it is important to deal with it effectively. Whenever we deal with other people, pursue our desires or compete with others we risk being rejected to some degree. If we don't learn how to deal with it in a manner that will serve us it could easily become a toxic experience.

I found myself avoiding rejection in the past to the point where I missed opportunities. Although it is still something I struggle with at times, understanding that I'm a work in progress and accepting that regardless of how protective I am of my feelings, there will always be situations where I am vulnerable to rejection. I decided to take control and allow myself to be vulnerable and practice effective responses in order to grow from the situation. I found value in analyzing the source of rejection and getting a clear understanding of why I was rejected, when the source permitted. This was especially helpful in my personal relationship because it provided opportunities for growth by all involved. I could get feedback on why I was being rejected and give them feedback on their rejection styles, i.e. the language or tone used. With every experience I found that I became more comfortable in my own skin.

If we can view rejection as an opportunity to adjust whether that means rethinking our plan, or challenging ourselves to embrace rejection so that decide how it will influence our lives. It's okay to not feel good about rejection, but it's imperative to be optimistic and not be consumed by the rejection. We can make rejection a character building exercises.

Discussion Questions: We provided these examples as guides and ask that the questions come from the group or individual.

Examples:

What are some effective ways that rejection can influence a person's life?

What are some examples of rejection you may face upon reentry?

What are some effective ways to handle those rejections?

Must we risk failure and rejection to feel the power of success?

Quotes: Quotes are fire starters and we suggest asking the group to provide a quote for dealing with frustration and discussing it Example:

"When you give yourself permission to communicate what matters to you in every situation you will have peace despite rejection or disapproval. Putting a voice to your soul helps you to let go of the negative energy of fear and regret."

— Shannon L. Alder

Worksheet

This worksheet is to serve as an example and may be used by Individuals or groups. The worksheet is designed to assist individuals in understand how they currently deal with rejection and how to develop more effective practices dealing with rejection.

1. Think back to a situation where you dealt with rejection and write it in the space provided below

2. What emotions did you experience?

3. Do you feel that those emotions clouded your judgement?

4. If so, do you think the outcome would have been different if you had given yourself time to process the emotions?

5. Do you feel it is important to consider the source of the rejection? _____ Why or why not?

6. Do you think that getting feedback from the source is important? _____ Why or why not?

7. If the same situation you identified above occurred today what would you do differently and why?