

Getting over Rejection

**JOURNAL
PROMPTS**

JOURNALETTE

REJECTION JOURNAL PROMPTS

1. How are you making this rejection a bigger deal than it really is? Be specific and acknowledge the ways in which you are over-thinking about it.
2. How are you creating false stories around this? (Example, a person turned down a date or you didn't get a job and you're assuming a million negative things about yourself based on the rejection when you don't truly know the reasons for the rejection).
3. What will you choose to focus on today instead of this rejection? If you have the energy to dwell on this rejection, you have the energy to focus it elsewhere. Example: Do you have a project you've been meaning to start?
4. What is a lesson you can learn from this? (there's always a lesson. And that lesson is not 'don't put myself out there again'. That's just negative thinking. It's easy. Think harder).
5. Is there someone else who needs your help with something? If you have energy to dwell on this rejection, can you refocus it outside of myself and instead help someone who needs me?
6. Write about an accomplishment. Something you've done that made yourself proud.
7. Write about something you're good at (this can be something big or small).
8. Write 3 things you're grateful for right now in your life.
9. Write 2 positives of the rejection. This one will take some thinking and you may feel initial resistance. But there are advantages **and** disadvantages to everything. What is something you will now NOT have to deal with because you got rejected. Think.