

IMPERVIOUSNESS TRAINING

Rejection or disapproval does not have to hurt as much if you can stay focused on what is important to you. Because you have an illness, an ability is needed to maintain a focus on what is most important to you, to replace the focus on what is important to others. As a medical patient you need to be able to be impervious to other's expectations and demands when that is necessary. You need to selectively keep your focus on your own goals and needs and what will please you. By doing so you can tune-out other's disappointment with you, or other's attempts to control your life. Below is a self-dialogue to help you become impervious to others when that is advisable.

SELF-TALK TO STAY IMPERVIOUS TO REJECTION

I am not doing what she (or he) wants. She is upset with me.
I do not have to please her or others at all times. I would like to please her but if I choose to follow my own course that may not be possible. Stay focused on my own direction I have chosen for myself.
Her displeasure with me is her problem. I do not have to make it my problem and become upset with her displeasure with me.
Working to please her may cause me to do something that is not good for me physically or personally.
Focus on what is good for me.
Keep my values in the foreground. Protect my own interests.
Remember that I am entitled to pursue my own course.
Ignore the rejection and continue doing what I think is best for me.
I live inside myself. I need to take care of me.

SELF-TALK TO STAY IMPERVIOUS TO OTHER'S ATTEMPTS TO CONTROL ME

He wants me to do something I do not want to do. If I do not do what he wants he will be displeased with me.
I am an independent person and not under his (or her) control.
I am not obligated to think like he does or do what he thinks I should do.
I do not have to have his agenda for me.
I set my own agenda for myself. I have a right to say "no."
He may be disappointed in me because I am not acting the way he wants, but I do not have to surrender control over my life to avoid disappointing him.
Be impervious to the course he wants me to take. I do not have to care about what he thinks I should do.
Be polite. Thank him for his interest in me. But then follow what I think is best for me.