

## **REJECTION ACCOMMODATION TRAINING**

Many times medical patients are rejected or receive disapproval because other people do not accept their illness. If you face rejection, below is a self-dialogue to help you cope.

### **PREPARING FOR POSSIBLE REJECTION**

She (or he) is having a hard time with me being sick. I could receive disapproval from her. She may withdraw from me. I need to face that could happen. Do not be surprised if that should occur. Rejection often happens to medical patients. It is not fair but there are no promises of fairness. If I am rejected that will hurt but it does not have to devastate me. I can recover if I set my mind to getting over the hurt. Realize that others in my situation often face rejection. I still have other ways to be happy and other people can give me love. Unwanted actions by others do occur. Accept reality as it is. I have a choice if I want to surrender to being rejected. I can try to change the situation, but while I am being rejected I need to live with that unwanted situation. Rejection is not a catastrophe but only something I do not like.

### **COPING WHEN BEING REJECTED**

I feel rejected by this person. I do not want to be rejected but it is happening. That is a fact I have to address and live with. I receive more rejection or disapproval now that I am sick. That is a given in my situation. Allow for rejection if others are having a problem living with my illness. Accept the rejections that come with being sick. Sick people are rejected more than healthy people. Live with that fact. Do not begrudge life or God because I face more rejection. I do not have to like the fact that this person is rejecting me. I just have to get used to living with an unwanted situation. This person (or company) wants me to perform like my old self but that is not possible. I cannot meet her expectation. Live with that. Do not make not meeting her expectations my problem. Do not be upset because I am not pleasing her. Move beyond her problem with me. Rejection does hurt but I can cope with it. I can manage the pain of rejection. The pain does not have to overwhelm me if I choose to accommodate to disapproval. Her rejection of me does not make me a bad person. I still have worth beyond her estimate of me. Do not make my self-esteem rise or fall with her response to me.