

SELF-QUESTIONING TO COPE WITH REJECTION

When you feel rejected, you can use this worksheet to help you evaluate your response to being rejected. You need to know if you are thinking rationally about the rejection you believe is occurring.

1. I feel rejected by this other person. How bad do I feel about myself, from 0 to 10 (with 10 being a total negative view of myself, and 0 is not caring at all about this person's response to me)? _____
2. How do I know this person thinks of me badly? What is the data to support my viewpoint that I am being rejected?
3. If I buy the idea that I am being rejected and I think of myself badly (a rating of 6 or more on question 1), why am I that bad of a person? What makes me so bad? Is his/her view of me valid? If this person is not pleased with me, does displeasing this person make me a bad person?
4. If I buy the idea this other person has negative feelings toward me, have I made this person's view of me too important? Why is he/she the final judgment about my worth as a human being? Do I really need this person to have a good opinion of me in order to feel good about myself?
5. How important is this relationship to me? Can I get along without this person's good opinion of me?
6. If I buy the idea this person does not think well of me, how else do I have worth, beyond this person's negative estimate of me?
7. If I buy the view this person has of me, what is so bad about being that way? Is it awful to be this way? Is there worth or benefit in being this way?