

How to Deal With the Fear of Rejection

Let me tell you a little secret: Everybody has some fear of rejection! You may not realize this because it may not always look like it, but even people with high self confidence sometimes feel the fear of rejection. The biggest difference between really confident people and insecure people when it comes to fear of rejection is how they choose to deal with it. People with self confidence will feel the fear of rejection but recognize that it's not a big deal and keep going. An insecure person will experience fear of rejection as much more important and is more likely to shy away from the situation. Here's the deal; there is no way you can protect yourself from rejection. You will be rejected from time to time; it's simply a part of life. The important thing is how you think about it. If you have a strong and healthy sense of self esteem, rejection will not bother you as much. Even if it stings a little, you'll be able to realize that not everybody you meet in life will like you. More importantly, you'll understand that this is the way it's supposed to be, and that it doesn't mean there's something wrong with you, or the people who don't take to you. There will also be times where you realize that it's not even about not liking you. You may not have the skills they needed for that position, or the girl might not be emotionally ready to make contact with a new guy. You see my point. As with so many other situations, it is rarely personal when someone rejects you, it is usually about their situation and what they need at that moment. Think about how you react for a moment. Do you like everybody you meet? Have you ever turned someone down, not because they weren't good enough or beautiful enough, but simply because they weren't who you were looking for? As I said earlier, rejection is simply a part of life sometimes, and you can not protect yourself from ever experiencing some of it. What you can do is build your confidence so it can't affect you the way it is now. If you feel good about yourself, you don't experience as much fear of rejection because you don't take rejection as there being something wrong with you. Feeling better about yourself will also keep you from seeing rejection where there is none. A lot of people with low self confidence get so hung up on their fear of rejection that they expect it to happen. They end up seeing what they are looking for because they don't know how to interpret the signals other people are sending out. Someone who is insecure will usually read neutral as bad, while someone who is confident will read it as good. You may not be able to completely eliminate the potential of rejection from your life, but you can build up your own self confidence to the point where if someone rejects you, you quite frankly don't really care.

About the Author

Visit <http://www.ultraconfidence.com/> to discover the easiest to eliminate the fear of rejection, and build powerful confidence.

Source: <http://americanahost.com>