

Webseries

CHEAT SHEET

Advanced | Rejection | Lesson 1



A BIG MISUNDERSTANDING

THE EMOTIONS AND REACTIONS EXPLORED IN THE VIDEO

 ANGRY	Get revenge	BEST CHOICE Blow off steam	Act like nothing happened
 SAD	Be alone	BEST CHOICE Ask for an explanation	Make new friends

WHAT I NEED TO REMEMBER

1. It's normal to feel sad, angry or anxious when you've been rejected by someone. But it's important that you give yourself some time (calm down) before you react. Zoom-out!
2. Your brain can play tricks on you. When you've calmed down, it's easier to separate the things that we're imagining from the things that are real. Zoom-in!
3. The only real way to find out the truth is to speak to the people in question and ask for an explanation. You can also tell them how their rejection made you feel.