

## Ep #36: Overcoming Rejection: How to Bounce Back From Failure



### Full Episode Transcript

With Your Host

**Sandy Linda**

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Turn heartbreak into motivation. Discover the secret power of rejection when you are grieving. Stay tuned.

Welcome to *Overcoming Grief*, a show for women experiencing profound grief and looking for support in healing and transforming their lives. If you are ready to heal after loss, create a new self-identity, take responsibility to do the hard things, and get massive results in your life, this show is for you. Now, here's your host, Master Grief and Life Coach, Sandy Linda.

Hello, creative souls. How are you all doing? How are you doing through this journey in April? Last week, New York City got a little bit of a tremor or earthquake. It was kind of scary because here I was just wondering if something was going on in the building. All of a sudden you get the news alert on your phone, earthquake. Everyone is okay. Of course my friend from the west coast was rolling their eyes, and they're like what else is new, but I get it.

Anyway, if you are new here, a warm welcome. To those who are navigating the difficult path of grief, my heart goes out to you. Sending love and healing thoughts as you walk on this journey of grief. I have a mourning journaling workbook as a gift for those struggling and seeking a way to heal in their grief narrative.

All you need to do is hit the subscribe button on my website at [sandy linda.com](http://sandy linda.com), enter your name and email, and you'll receive your free mourning journaling workbook. A special shout out to our fellow grievers who have sent me a private message via email letting me know that you are finding so much value in the mourning journaling workbook.

Also, I would greatly appreciate it if you could rate and review my show. Your feedback is invaluable as it has helped me reach and support more individuals who, like you, are looking to move beyond the distress of grief and design a purposeful life. By sharing your thoughts and experiences, you are precious to our community. You're helping us all grow and live with intention. Thanks for being a part of it.

Okay, so grief is a complex and many sided experience surrounding a range of emotions and challenges as individuals come to terms with the loss. Yet,

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between the sorrow and pain, there's another layer to the grieving process that's often misunderstood. That is called rejection. Now this episode, I want to offer you some advantages of viewing rejection as a motivator.

I know some of you are going to cut off and say I don't see rejection as a motivation. But if you give me your listening ear for this moment, it's about a topic that's often overlooked, but profoundly impactful, rejection in the context of grief. So I know you're still with me because now you want to dive deeper into it.

So before I jump in. When you think of rejection, you may gather images of romantic heartbreak or professional setbacks. However, rejection in grief extends far beyond these traditional concepts. It can manifest in various forms from feeling rejected by friends or family members to experiencing a sense of rejection from life itself.

Now, grieving is a deeply personal journey and rejection can play a significant role in shaping your experiences during this difficult time. So, Sandy, what exactly is rejection in the context of grief? How does it manifest in our everyday lives? Well, let's explore.

So in this episode, I'll define and discuss the messy world of rejection and grief, explore the common misconceptions, understand its emotional impact, and uncover the potential growth and transformation that lies within these difficult experiences. So please grab a cup of tea, get cozy, and let's get into it. Are you ready? Let's take a deep dive into the potential benefits of viewing rejection as a form of redirecting your personal grief journey.

This outlook can offer you more than comfort. It can open doors to personal growth, encourage reevaluating your priorities and even lead you to new paths and opportunities. So rejection is, at its core, the feeling of being dismissed, excluded, or unwanted. It's that sinking sensation in the pit of your stomach when you're turned away, overlooked, or discredited. That hurts.

Now, in the context of grief, rejection can take many forms extending beyond the loss of a loved one. So how does rejection manifest in the grieving process on a day to day basis? I'm going to give you some scenarios, and they're common. Humans tend to be highly sensitive to rejection, especially social rejection. This

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can occur when friends or family members withdraw support, avoid discussing the loss, or fail to acknowledge the grieving individual's pain. Feeling isolated or misunderstood can amplify the sense of rejection and deepen feelings of loneliness.

Now being on the receiving end of social snub caused a flood of emotional and mental outcomes for me. I felt a range of negative emotions such as anger, anxiety, depression, jealousy, guilt, and sadness. These emotional storms did lead to my difficulty in thinking and problem solving, and sometimes even impulsive behavior, over eating, over drinking. Those are the things that happen during social rejection.

Another manifestation of rejection in grief is professional rejection. What am I talking about? Grieving individuals may also experience rejection in the workplace. This can involve difficulties returning to work, encountering insensitivity from colleagues or supervisors, or facing discrimination due to changes in performance or attendance. The inability to meet the expectations or maintain productivity levels may worsen feelings of inadequacy and rejection.

Another manifestation is self-rejection. Perhaps the most sneaky form of rejection and grief is that self-rejection. This occurs when individuals blame themselves for the loss, slip away feelings of guilt or shame or internalize negative beliefs about their worthiness of love and support. Self-rejection can weaken self-esteem and hinder the healing process, continuing a cycle of pain and self-doubt.

Now, those are the manifestations of rejection during grief. Now, I want to go into the emotional impact of rejection on individuals who are grieving. Some of the emotional impacts of rejection include hurt feelings, loss of identity, or purpose and loneliness.

Hurtful feelings. Now, when it comes to hurtful feelings, people begin to be critical of your grief, and you suddenly feel rejection. The constant criticism was the most common cause of hurtful feelings. Some of it was that you should get out more. Your life sucks. It sucks to be you or try to be grateful or the classic get over it, they are dead. These criticisms convey that people you thought

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would be available during those devastating losses did not value your friendship or your relationships at all. Those hurt.

Another emotional impact is loss of identity and purpose. Rejection can also lead to a loss of identity and purpose for grieving individuals. When people or even you reject you, it makes you feel like you don't belong anywhere. This feeling can make you lose touch with who you are and where you fit in the world.

The last is when individuals experience rejection while grieving, it can intensify feelings of isolation and loneliness. When people intentionally leave you out or don't take you seriously, it can make you feel even more misunderstood and alone. Especially when you are already dealing with the emotional pain already.

I am going to highlight some of the misconceptions about rejection, and its role in grief. Rejection only occurs in romantic relationships. One misconception is that rejection is limited to romantic or interpersonal relationships. In reality, rejection can occur in various forms during the grieving process, such as feeling rejected by society, friends, or even by one's body or mind.

Another misconception is that expressing rejection during grief suggests a personal failure. However, rejection is often a natural part of the grieving process and does not necessarily reflect inadequacy or fault on the part of grieving individuals.

Another misconception is some people believe that experiencing rejection during grief will prolong the grieving process or make it more difficult to heal. While rejection can certainly be painful, it can also serve as a catalyst for growth and resilience ultimately helping individuals navigate their grief journey more effectively.

Another misconception is many individuals perceive rejection as a negative experience, failing to recognize the potential for growth and redirection that it can offer. While rejection can be painful and challenging, I get it. I've been there. It can also lead to new opportunities, self-discovery, and personal development.

So now I am going to provide you a rejection proof grief journey tips to allow you to embrace rejection as a redirection. By doing this particular move, requires a

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mindset shift. I know. Mindset shift. I'm scared, what are you doing? Be open to new opportunities and let go of rigid expectations.

Instead of seeing rejection as a roadblock, see it as a sign to reevaluate your goals, strategies, and approaches. From rejection to redirection, you explore different paths and discover new passions, an opportunity to reassess your values, interests, and strengths, and align them with your goals. To embrace redirection, it is important to let go of the fear of failure and the need for external validation.

Be willing to take risks, step out of your comfort zone, and embrace uncertainty. I know some people are not ready to step out of their comfort zone, but it takes baby tiny steps. Trust and believe your journey will lead you to where you were meant to be.

So are you ready to unleash your inner phoenix and rise above rejection during grief? Again, rejection can actually be a powerful motivator. That's right. I said it. Redirecting your energy towards healing can transform setbacks into opportunities for growth. Acknowledge that experience. Rejection during grief is a normal part of the healing process and does not reflect your worth as a person. Key point is practice self-compassion, by treating yourself with kindness and understanding, especially during moments of self-doubt.

So number one is practicing self-compassion. Number two is whenever you get rejected, try to challenge any negative thoughts or beliefs that come up. Don't take it as proof that you're not good enough. Instead, look at the situation from a different point of view. Try to remember that sometimes rejection can say more about the person who rejected you rather than you. They can have their own limitations or circumstances that led to the rejection. By keeping this in mind, you can help yourself deal with rejection in a more positive way.

Another tip is to find meaning in rejection. Oh man, that's hard. No, it's not. It's a baby step. Rather than viewing rejection as a roadblock, try to find meaning and purpose in the experiences. Reflect on how rejection may be redirecting you towards new opportunities, relationships, or personal growth. Embrace rejection as a catalyst for positive change and self-discovery.



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The next tip is focus on what you can control. You cannot control how people react to you or what they think of you, but you can control how you respond to rejection. Stop seeking approval from people outside of yourself and focus on building your confidence and resilience. By doing so, you'll be able to handle rejection like a champ.

Lastly, don't hesitate to reach out for support from trusted friends, family members, or support groups. Your grief advocates are here who can provide empathy, validation, and encouragement during times of rejection during your grief journey. Talking openly about your feelings can help you gain a viewpoint and process your emotions more effectively.

So there you have it. Your rejection proof grief journey strategies to heal through this heavy loss. Again, rejection does not have to be the end of the road. By embracing redirection and cultivating resilience, we can turn rejection into a motivation for success. Building a support network and adopting practical tips that I offer you today are your essential components of this transformational journey.

Remember, rejection is not a reflection of your worth or potential. It's an opportunity to grow, learn, and redirect your efforts toward a new path. Embrace failure as a natural part of the journey and view it as a stepping stone towards success.

The next time you face rejection remember that it's not the end, but a new beginning. Stay resilient and let it propel you towards achieving your goals and finding fulfillment in all aspects of your life. Success awaits those who fearlessly embrace the power of rejection as your motivator to redirect your true path in life.

Before I go, I'm going to leave you with this quote. It will be your journaling prompt for you and spend 10 minutes or 15 minutes. But this one was a really good quote, and I did heavy journaling on it and led me to do this episode also. Also from a subscriber that wanted some help on the rejection. So here's the quote.

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When the wrong people leave your life, the right things start to happen, Zig Ziglar. Powerful quote for those who are experiencing those areas of rejection. Look at it as rejection is a redirection or some people say life's rejection is God protection. But anyway, that is all that I have for you today. Thank you so much for listening, and talk to you next time. Bye.

Thanks for listening to today's episode of *Overcoming Grief*. If you're ready to move into a new, rewarding life experience, and want more information about how to work with Sandy, visit [www.sandy linda.com](http://www.sandy linda.com).