



Keep Moving Movement

www.mykmm.org

SESSION 3



**EENA
MEENA
DEEKA**

31st July, 2022



REJECTION

Life is about going for your dreams and making things happen. And when we attempt to do, rejection is always a possibility.



Most people experience rejection MANY times in their lives over things both big and small: For eg.

A friend ignoring your messages.

Being turned down for a date.

Not receiving an invitation to a friend's party.

- Parents not listening to your thoughts and rubbishing it.
- The teacher not respecting your doubts and making fun of you.

Rejection as KMM

We as KMM get rejected by a few schools.

- When we approach our friends to join KMM, they reject our appeal.
- Sometimes, when we approach a volunteer with a request to travel, they reject our proposal too.



ACTIVITY

Rejection as Individuals

Speak about four times when you felt rejected. Each example should be minimum 1 mins and maximum 2 mins.

Two BIG rejections.

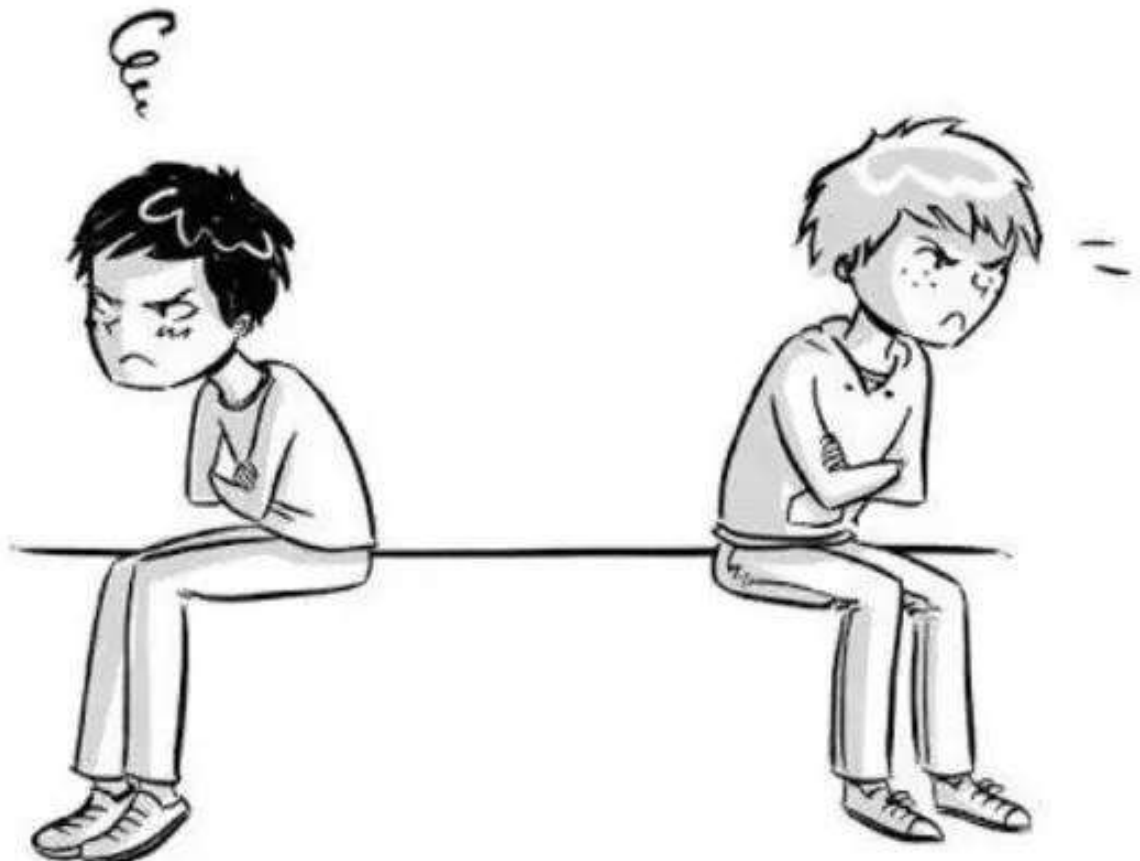
Two SMALL rejections

BIG OR SMALL, REJECTION AFFECTS US ALL

Rejection doesn't have to be about the big stuff like not getting into your dream college, not making it to the sports team, or not getting asked to a party.

Everyday situations can lead to feelings of rejection, too, like if your joke didn't get a laugh, if no one remembered to save you a seat at the lunch table, or if the person you really like, talks to everyone but you

- It could be you asking for a favour and NOT getting it.
- It could be you asking for cooperation and NOT getting it.



Rejection. It's impossible to avoid. So how good are you at coping? Let our quiz give you some insight.

1 If you volunteer -

You say, "Yes, I would love to!" It's not your first choice and you're totally pretending to be excited.

OR

You say, "No, thanks." You think everyone will make fun of you and start calling you 'pandu'.

OR

You say yes, but don't hold out much hope. If you're not good enough to be a monitor, why would they want you as a road safety volunteer?



2

You audition for the lead in the school play. It's down to you and one other girl – and she gets the part.

You plan to put itching powder in her makeup on the day of the play.

OR

You decide the drama teacher picked her because she's prettier. You act better, but you will never amount to anything because you don't have the looks.

OR

You go out with friends for ice cream and masti, then refocus your attention on studying for your next assignment.



3

You've wanted to go to one college since you were 14. Your application has been rejected.

You keep thinking about how how your dream is shattered and your life is ruined.

OR

You talk it over with your parents and decide to go to another college.

OR

You give up on your dreams of college. You have decided you are just not smart enough.



4

You have been crushing on someone for months. You kept thinking how to propose. You gathered courage and finally asked. They laughed at you and turned you down.

You tell yourself, "Idiot! What was I thinking? That person is totally out of my league!"

OR

You feel totally devastated, have a good cry, then tell yourself, "This is the best thing that could have happened to me."

OR

You decide its best not to ask anyone out in future so you don't embarrass yourself like that again. This love and all is not for you



5

You are telling your friends a funny story. Another friend walks in and starts telling a funny thing that just happened. Everyone collapses into laughter — just not at your story.

You laugh hard because the other friend actually had a funny incident to narrate.

OR

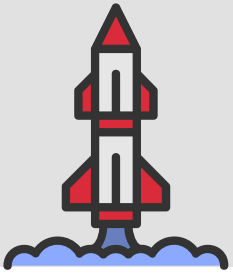
You think, "I am not a good story teller. Next time onwards you will keep your stories to yourself."

OR

You decide to avoid those friends. If they can't listen to your stories, why should you care about them?



REJECTION REVEALS THREE CATEGORIES OF PEOPLE.



ADJUSTS WELL- Keeps Moving
(Nothing can stop me)



SELF DEFEATING - I am not good enough.
(Murder your self-esteem)



TOO HARD ON YOURSELF - My life is difficult.
(Self-sympathy)

Rejected yet valuable

“

***Being rejected
doesn't mean
someone isn't liked,
valued, or important.***



”

It just means that one time, in one situation, with one person, things didn't work out.

- I do not like mirchi. My mom loves it. Is mirchi good or bad?
- I love wearing light color clothes. Many prefer dark shades. Are dark colors good or bad.
- I love eating simple veg good. Many love fine dining. Is fine dining bad or good
- I don't like wearing coats and blazers. James Bond is ALWAYS in a coat. Are coats bad?
- I love being in the mountains. Many love the beaches. Are beaches bad?

Rejection hurts. But it's impossible to avoid it altogether. In fact, you expect to be rejected now and then. It's ok. It's natural. Sometimes, it is necessary.

People who become too afraid of rejection will hold back from going after something they want. Sure, they avoid rejection, but they're also 100% guaranteed to miss out on what they want but won't try for.



HOW TO COPE

The better we get at dealing with rejection, the less it affects us. So how can you build that ability to cope? Coping well with rejection involves working with two things: how you feel and what you think.

Here are some ideas to deal with both. Let's start with feelings:

Idea 1: Be Honest

If you get rejected, acknowledge it to yourself. Don't try to brush off the hurt or pretend it's not painful.

Instead of thinking "I shouldn't feel this way," think about given your situation it is normal to feel like you do.

Cry if you want to — it's a natural way to release emotion.



honest

If you want, tell someone else what happened and how you feel about it. Pick someone who will listen and be supportive.

Telling someone else can be reassuring because someone understands what you're going through and how it feels.

Acknowledging these feelings can help you move beyond painful emotions.

Idea 2: Be Positive

When you're dealing with a painful emotion like rejection, it's easy to get caught up in the bad feeling. But dwelling on it makes it harder to get past the rejection.

So tell yourself, when I feel sleepy, I sleep and I am fresh in the morning. Similarly, I am feeling pain right now.

But I am bigger than my pain. Soon, I shall defeat my pain and emerge stronger.



Examine 'The Voice Inside Your Head'

Consider – Are you being too hard on yourself?

Tell yourself: "I got turned down for the date because the person didn't want to go with me."

Don't tell yourself: "I got turned down because I am not attractive" or "I am not smart" or "I'm such a loser."

If self defeating and harsh thoughts like these start creeping into your mind, shut them down. These thoughts will always exaggerate our faults. It lead us to believe stuff about ourselves that simply isn't true.

This kind of thinking strangles hope and self belief – the very things we need to get past feeling bad and want to try again.





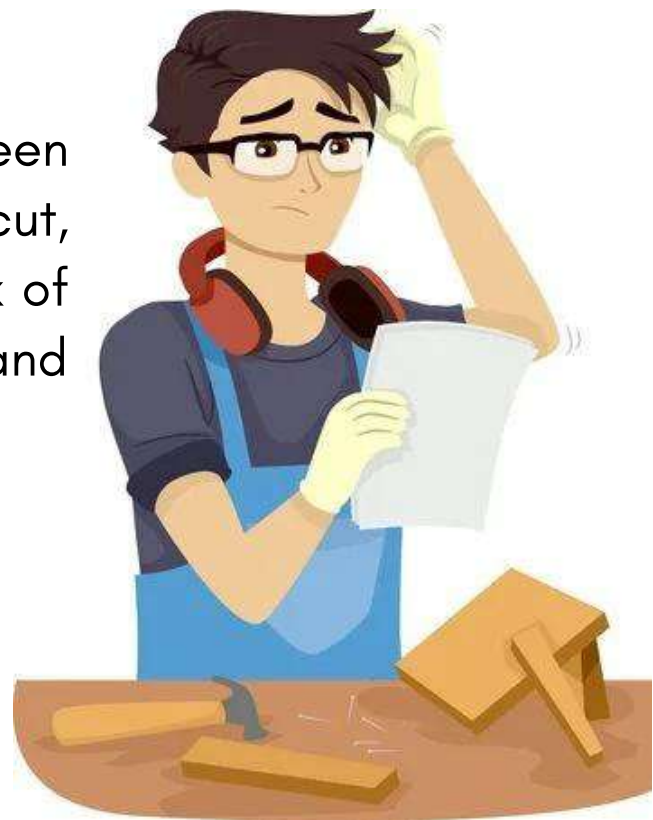
If you start blaming yourself for the rejection or put yourself down, you can start believing you'll always be rejected.

Thoughts like, "I'll never get a good friend" or "No one will ever like me" amplify a simple rejection to disaster level. Rejection can hurt a lot and can be terribly disappointing, but it's not the end of the world.

Tell yourself: "OK, so I got rejected this time. Maybe next time, I'll get a 'yes'" or "Oh, well. This is what happened. I don't like it. It's not how I wanted things to work out. But everyone gets rejected — and I WILL try again."

Idea 3: Think about what you're good at and what's good about you.

Remember times when you've been accepted, when you made the cut, when someone told you "yes." Think of all the people who like you and support you.



Idea 4: Give yourself credit for trying.

You took a risk — good for you. Remind yourself that you can handle the rejection. Even though you were turned down now, there will be another opportunity, another time.

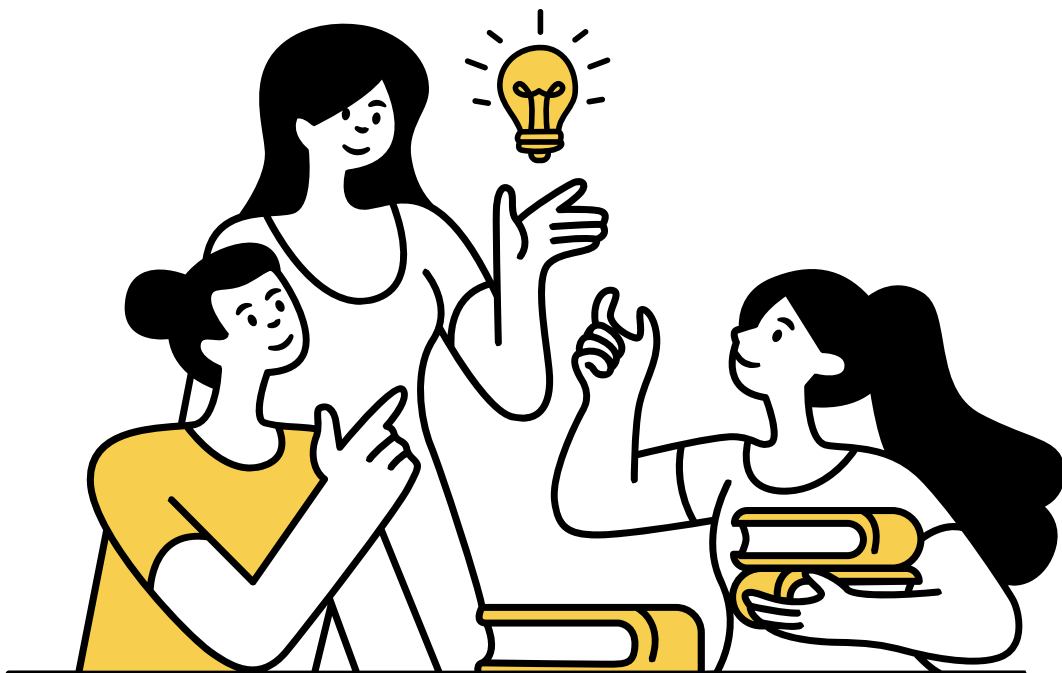


Idea 5: Use Rejection to Your Advantage

A rejection is a chance to consider if there are things we can work on. It's OK to think about whether there's room for improvement or if your goals were higher than your skills.

If your skills weren't strong enough this time, maybe you need to work on your game, your studies, your interview technique, or whatever it takes to improve your chances of getting accepted next time. Use the rejection as an opportunity for self-improvement.

Sometimes a rejection is a harsh reality check. But if you approach it right, it could help nudge you in a direction that turns out to be the perfect fit for your talents, personality, and all the really great things that make you who you are.



Eric Yuan

Eric Yuan had to overcome eight visa refusals before getting a visa to work in the United States.

He also had to overcome his lack of English language skills in order to get a job at the video conferencing company Webex. He helped Webex become the leading video conference platform.



Yuan saw the emergence of smartphone-based video conferencing as both a threat to and an opportunity for Webex. In 2010 he proposed that Cisco/Webex rewrite the Webex platform to make it smart phone-friendly.

The proposal was dismissed by Cisco/Webex. Less than a year later, Yuan left Cisco/Webex to start up Zoom. Zoom has gone on to displace Webex as the dominant video conferencing application.

Sushmita Sen



When Sushmita Sen went to submit her form for 'Miss India', she came to know that Aishwarya Rai, a leading model that time, was participating too. Sushmita returned home without filling the form & told her mother so.

Her mother asked her, "Have you decided to fail even before trying?"

Afraid of rejection, she was about to give up. She dared rejection and created history by becoming the first Indian woman to become Miss Universe.

BRAIN TATTOO



***Eenaa Meenaa Deekaa,
Daai, Daamonikaa
Maakaa Naakaa Naakaa,
Cheekaa Peekaa Peekaa***

***Eenaa Meenaa Deekaa Deekaa
Dee Daai Daamanikaa
Maakaa Naakaa Maakaa Naakaa
Cheekaa Peekaa Rolaa Reekaa
Ram Pam Posh Ram Pam Posh***