



Handling Rejection

Introduction

Name: _____

Date: _____

Write an example of a rejection that fits each size.

1



2



3



4

What could be a different way to handle this type of rejection?





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- 5 What response would you want to hear if you told someone, "I think my friends are all hanging out without me."

- 6 Give a reason why it could be important to handle rejection privately, not letting everyone see our reaction?

- 7 What advice would you give someone who didn't make a team?
