

心靈快報

Peer Support Weekly

台北銘傳大學前程規劃處

MCU Career Planning & Counseling Division (Taipei)

111學年第二學期

2023/05/08—05/12

ISSUE 7

「往外看的人，做著夢；
往內看的人，則醒著。」
“Who looks outside, dreams;
who looks inside, awakes.”

-- 榮格 (Carl Jung),
瑞士精神科醫師 & 精神分析師

Credit: Eberhard Grossgasteiger



“Help is just a phone call away”

- 台北校區諮商預約：請至前程規劃處(A棟2樓)，或撥打專線：(02)2883-0510。
- 衛福部安心專線：1925 (24小時專線)
- 生命線(Lifeline)：1995 (24小時專線)
- To inquire about counseling services on Taipei Campus: please go to the Career Planning & Counseling Division on 2F of Building A, or call: (02)2882-4564, ext. 2602

活動快訊



05/30

(Tue)

香氛舒心護手霜DIY
Aromatic Hand Cream DIY Workshop

活動將由芳療老師帶大家認識全天然植物萃取原料，藉著淡雅精油香氣紓緩心情，並手作完成讓肌膚水嫩的護手霜！DIY過程療癒，護手霜的天然香氛更能在日常陪伴照護親愛的自己、家人或朋友。



◎ 報名須知：

- ① 個人調製的護手霜可免費帶回家！
- ② 5/8中午12點開放線上報名，網路報名後請至前程規劃處（行政大樓A棟2樓）繳交保證金200元才算「完成報名」，保證金將於全程參加活動後全額退還。
- ③ 限額8名，依完成報名之順序錄取。

◎ 報名網址：<https://eform.mcu.edu.tw/node/3328>

講師：張局榕芳療師

活動時間：112.05.30(二)18:30-20:30

活動地點：B505教室

聯絡人：趙化如老師(#2269)



Students who feel comfortable & confident in a Chinese-speaking environment are welcome to join us! Please call 02-2882-4564, ext. 2602 for more information or to sign up. Thank you!

Now-

05/31

【Taipei Campus】

Career Consultation Reservation

Do you feel lost when thinking of your future? Would you like to explore more closely into your potential career paths? Do you sometimes feel unsure about how to polish your resume? You may consider signing up for the career consultation. It's all free, and space is limited.

◎ To sign up: <https://eform.mcu.edu.tw/node/2768>

Contact person: Ms. Ying-Ju Chen

E-mail: ycrc0220@mail.mcu.edu.tw

即日

起至

05/31

【台北校區】職涯諮詢預約

你對未來感到茫然嗎？想更清楚未來職業方向嗎？自傳履歷該如何撰寫？

透過CPAS職業適性測驗及一對一的職涯諮詢，我們將協助你重新認識自己和勾勒生涯藍圖。快來預約職涯諮詢吧！全程免費，名額有限，額滿為止。

◎ 報名網址：<https://eform.mcu.edu.tw/node/2065>

活動時間：即日起至5/31

活動地點：台北前程規劃處

聯絡人：陳盈汝老師(#2449)

Four Strategies to Cope With Rejection

Rejection hurts; here's how to bounce back.

by Sharon Martin, DSW, LCSW



Credit: Andrew Neel

KEY POINTS

- Rejection contributes to feelings of inadequacy or unworthiness.
- Fear of rejection leads to avoiding intimacy and anticipating more rejection.
- Cope with rejection by grieving, not assuming you caused the rejection, building resiliency, and remembering that everyone experiences rejection.

Rejection hurts. We've all experienced the pain of rejection—perhaps a job you didn't get, being ghosted by a friend, or not being invited to a social event—and then seeing your friends post about it on social media.

What is Rejection?

We feel rejected when we're not included, accepted, or approved of. Rejection involves the loss of something we had or wanted. And rejection, like abandonment, leaves us feeling unwanted and not good enough.

Did you experience any of these common childhood or teenage rejections?

- Being bullied
- Trying out for a team or school play and not making the cut
- Having no one to sit with at lunch
- Being the last one chosen in phys ed
- Not being asked to prom or invited to a party
- Not getting into the college you wanted
- Having a partner cheat on you or break up with you

Unfortunately, some children also experience rejection at home. This adds another layer of pain. Rejection from your parents or family might have included:

- Being criticized, told you're not good enough, or called derogatory names
- Being abused, neglected, or abandoned
- Being placed for adoption (even though it's done with love, it can feel like rejection)
- Being ignored
- Being told your feelings, ideas, or beliefs are wrong or don't matter
- Your parents favoring your sibling
- Being sent away because you were "difficult" or "troubled"
- Being told you're not talented and should give up your goals and dreams
- Lack of support or disapproval of your sexual orientation or gender identity

Rejection leads to false beliefs



Credit: Ilona Panych

Generally, the greater the frequency and the younger you were when you were rejected, the more impactful it is.

Young children are just developing their self-concept and self-worth, so they're especially vulnerable. Even if people didn't overtly tell you that you're inadequate or unlovable, you may have jumped to this conclusion when you were rejected because young children lack the reasoning skills and life experiences to fully understand all the possible reasons for being rejected.

Being repeatedly rejected as a child can lead to a belief that you're inadequate. And these false beliefs add to the pain of being rejected and can become a self-fulfilling prophecy.

Rejection leads to putting up emotional walls

Because rejection is so painful, we naturally want to protect ourselves from future rejection. We do this by putting up emotional walls or not sharing vulnerable things—things we feel insecure or self-conscious about, our problems, hopes, and dreams. We falsely believe that this will take the sting out of rejection—as if holding people at a distance will keep us from getting attached or falling in love, or that rejection won't be as painful if the other person didn't know us deeply.

The other thing that happens is we start to anticipate rejection. We think rejection is inevitable, so we jump the gun and reject the other person before they can reject us. Again, we think this will spare us the pain of losing someone we care about or wanted to get to know better. Rejecting others can give us a sense of being in control, having the power position, but it doesn't make the loss hurt any less.

Putting up emotional walls and prematurely rejecting others doesn't help us create fulfilling relationships and it doesn't protect us from the pain of rejection.

How to cope with rejection

1. Acknowledge the pain and grieve the loss

Rejection is the loss of something or someone you had or hoped to have. Often, we feel ashamed or embarrassed when we're rejected and just want to put it behind us. Sometimes, this results in suppressing our feelings, denying that we're in pain, or doing things like drinking or eating too much to cope.

Grieving involves feeling your feelings, not denying, suppressing, or numbing them. Crying, journaling, therapy, exercising, being in nature, extra self-care, and creating goodbye rituals can help. Give yourself time to let your feelings exist and be processed. The duration and intensity of the grief will depend on what you've lost; it could last just an hour, or you may grieve a major rejection for months.

2. Don't blame yourself

It's natural to want to know why you were rejected. However, in my experience, there aren't always clear reasons for rejection. And usually, when we don't have answers, we blame ourselves; we assume that we screwed up, we weren't enough, we're unlovable, difficult, stupid, etc. Remember that you may have been conditioned early on to believe that you're inadequate and to blame yourself for being rejected. These are beliefs that you can now choose to discard. As an adult, you're better equipped to consider alternative hypotheses—other reasons for rejection. There are so many possible reasons for rejection and even the most attractive, smartest, accomplished, and likable people get rejected.

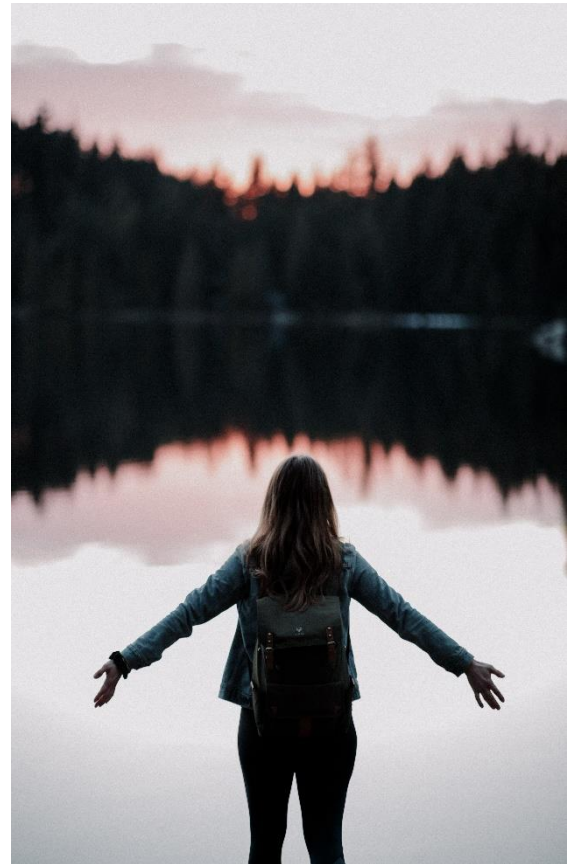
3. Strengthen your resiliency

Resiliency is your ability to recover or bounce back from a setback. And psychologists believe it's a quality that you can learn. Things like having an open mind, avoiding all-or-nothing thinking, focusing on solutions and what you can learn from the experience, seeking support, maintaining a sense of humor, remembering your strengths, seeing mistakes as necessary steps on the road to success, and practicing self-care contribute to resiliency.

4. Keep putting yourself out there

Writers and artists are notorious for persisting despite being rejected over and over again. Part of their ability to do this is their mindset—they accept that rejection is part of the process; it's necessary to get published or launch a successful career. And because they see it as normal and necessary, they don't take it personally. This type of acceptance and repeatedly “putting yourself out there” can help make rejection less painful.

A combination of grieving the loss you feel when you're rejected, not assuming you caused the rejection, focusing on your strengths and resiliency, and accepting that rejection is a normal experience, can help you to cope more effectively with rejection.



Credit: Priscilla Du Preez

--Source: <https://reurl.cc/a13KNG>

| 心靈補給站 - 情緒 x 人際關係 |

被拒絕後的情緒調適



Credit: Towfiqu barbhuiya

被拒絕是每個人在生活中都會面臨的普遍經歷，而被拒絕的感受，可能相當不舒服！這個心痛的感覺可能就是社交疼痛（social pain）的一種形式，而社交疼痛與身體疼痛可能在腦部相同的部位被感受到，代表這種心痛的感覺不是自己想像出來的，而是真真實實的痛感。

無論是工作、談戀愛、還是一般的邀約，大大小小的被拒絕的感受可能都不好受。然而，我們如何調適被拒絕後的情緒會對我們的個人成長和整體幸福感產生重大影響。這裡我們可以探索一下透過什麼樣的方式可以幫助自己調適地更順利：

1. 正視與肯定自己的負面感受，對自己感受誠實：

我們可能很自然想要迴避這些不舒服或是痛苦的感覺，但其實持續去否定或壓抑這些感受可能對於長久的情緒調適沒有太大的幫助。正視這些感受，認可它們的存在，是消化情緒的重要步驟。

2. 不要覺得全部都是自己的問題，原因可能很多：

或許有時候自己可能真的有哪些地方需要注意與調整，但是若認為總是自己的問題，不但沒有考量到全面地可能性，對於自己的情緒調適與整體自尊心可能會沒有幫助。

3. 往正面去想，往更全面的方向去想：

在沒有生病的狀況下「往正面想」可能是有幫助的技巧。可能因為某一次邀約沒有人回應，與其一直想是不是大家都討厭自己，可能可以想原來自己多出時間完成了很多想做的事。可能因為某一次的選拔沒有被選上，與其一直想自己有多爛，可能可以想或許這段時間有其他更適合的機會等著自己。

往更全面的方向想則是思考更多的可能性，能夠對於被拒絕的狀況得到更客觀的分析。這樣的思考模式不但可能更貼近實際狀況，也可能可以幫助自己不把錯全部歸咎在自己身上。

4. 從經驗中學習下次可以怎麼嘗試：

每一次被拒絕都是一個成長的契機，可以更加瞭解自己的行為可能造成別人的什麼樣反應，也可以認識自己哪裡可以再做得更好。

5. 與親友、專業人士分享情緒：

有時候被拒絕真的很痛，這時被願意聆聽的人接住可能對於情緒的消化也有相當大的幫助。

6. 調適好之後不放棄繼續嘗試：

因為被拒絕受挫跌倒沒有關係，在地上休息一陣子可以再站起來繼續嘗試，未來有無限可能性等著自己。

當然，這些調適方法會依情況而異，像是雖然很多時候被拒絕跟對方的情況、時機或偏好有關，有少部分時候可能真的是自己的問題，需要調整自己的行為才不會一直碰壁。在怎麼看待一件事情的時候，全面的客觀分析也因此特別重要。

--文章出處：[點點心理學](#)