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**Reframing Rejection**

**By Peter Murphy**

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Fear of rejection is one of the greatest fears shared by all human beings. Nobody wants to feel left out, unwanted or unliked. And at the same time what we really want is to be loved and accepted by everyone – that would be bliss. It will never happen though because we all have biases, opinions and beliefs that color the way we look at the world.

So people will reject us no matter how good we look, no matter how successful we are, and no matter how giving we are. If we were to become even nicer, and even more spiritually aware they would still reject us so it is a pointless battle trying to win over everyone.

However we can change how we think about rejection. If we change the meaning of rejection it can become our ally instead of our enemy. Next time someone rejects you why not take it as feedback instead. That is, your approach did not work and you need to try a new approach. In sales, the salesperson must view rejection as feedback or else she will slowly go insane!

So let us view rejection as feedback. When you are rejected immediately set your mind the task of intelligently answering this question – how must I change my approach to get what I want? By doing this, you shift your attention back to what you can do and off the other person whose approval is theirs to give or not to give.

Let us take the example of asking someone to help you with a project at work, you are afraid to ask for help so when you do,

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your coworker can almost smell this fear of rejection coming from you. So he says No, he is far too busy to help you today. Now immediately ask yourself the feedback reframe question – how must I change my approach to get what I want?

Asking this question will give you an unlimited range of new approaches to use: maybe smile more, or bribe him with a soft drink, or perhaps offer to do some of his boring work in return for help.

It also helps to anticipate rejection before it has a chance to happen. In the case of the example above, before talking to the

colleague I would spend a few minutes in preparation running through possible ways he might reject me. For each possible situation, just keep asking yourself – how must I change my approach to get what I want?

You may not realize, most people just give up too easily because rejection feels so unpleasant. If you reframe rejection to mean feedback it becomes a mental puzzle to solve instead. You will then be able to endure the word \*No\* a lot longer. This endurance will also encourage others to let you have what you want because you just do not seem to take No for an answer!

\*\*\*\*Warning: maintain rapport at all times when you use this approach, this new found courage and tenacity is only appreciated by others if you use it with a win-win outlook.\*\*\*\*

Peter Murphy is a peak performance expert and published author. Subscribe FREE to his upbeat newsletter and get a FREE e-book, which reveals secret strategies for supercharging your communication skills. To join send an email to: [AbolishShynessToday-subscribe@topica.com](mailto:AbolishShynessToday-subscribe@topica.com) or [AbolishShynessToday-subscribe@topica.com](mailto:AbolishShynessToday-subscribe@topica.com) or <http://www.topica.com/lists/AbolishShynessToday/>

### **Say Adios to the Fear of Rejection!**

**By Peter Murphy**

Do you ever get an uncomfortable feeling in your stomach when you have to approach someone?

In situations like this does your mind go blank?

This is not unusual. That feeling is often the fear of rejection.

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When you feel afraid your emotions take over, you feel tense and your ability to think logically vanishes into thin air.

And that is why you can talk to close friends without a care in the world but never know what to say when you meet new people. i.e. emotions cloud your thinking.

What is the answer to this challenge?

You need to take charge of the fear of rejection:

1. Imagine the worst case scenario.

Run it through in your mind. How will you handle rejection if it does happen?

Our fears often take on a life of their own. However when you can stop for a moment and plan in advance, whatever does happen is usually not so bad after all.

Once you accept this you will feel more relaxed and better able to deal with what does happen.

2. Decide what rejection means

When we react emotionally to rejection we can usually come up with some awful reasons why people reject us, such as: People dislike me I am a failure I am not worthy of their approval I am not good with people

These limiting thoughts are only making things worse for you. And the strange thing is that only you can choose what rejection means for you.

Meaning is a choice so why not choose more empowering meanings? Such as: I need to change my approach I can get better by learning a better way He is having a bad day and is too busy to talk

Decide what rejection really means before it happens and you will feel a lot better about yourself if it does happen.

Like I always say...

Knowing what to say is not just a matter of what words to speak, that is only the tip of the iceberg, ninety per cent of the solution depends on you taking charge of your emotional and mental states.

When you do this you will be able to talk to anyone you meet with the same ease you talk to close friends.

One final point...

Are these techniques designed to be used once? No!

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These strategies will in time become part of who you are and how you live. Like any skill the more you use them the better you will get.

Aim to improve slightly each and everyday and you will make huge progress in the coming weeks and months. As long as you make it a daily habit.

Doing a little now and again and expecting rapid progress is like exercising once a month and expecting to be slim and fit.

Aim for steady, gradual improvement and you will grow even faster than you expect!

Peter Murphy is a peak performance expert. He recently produced a very popular free report: 10 Simple Steps to Developing Communication Confidence. Apply now because it is available for a limited time only at:

Say Adios to the Fear of Rejection!

How To Overcome Your Fear of Being Rejected

Framing and Reframing Your Successes and Failures

A Few Brief Tips To Deal With Writing Rejection

Do You Have Excuse-it is When Looking for a Job?



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