

REJECTION

Complied by,
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REJECTION

Rejection is much-abused word. We tend to think of it as failure, but that isn't always so.

Re-jec-tion- the very sound of it is wounding, like the knife cut, presaging humiliation, and defeat- the end.

But that's not the way it has to be.

We may *think* of it as only those bad things, but we can *act* on it quite differently. Often enough we take it as a challenge, illumination, inspiration- the beginning.

Most rejection is rooted in simple good judgement, of course. That which is offered is not good enough. That kind is usually beneficial, leading to improvement of the product, but not heard of it because it is reasonable and undramatic.

Rejection can be, like smoking, dangerous to your health, even *fatal*.

But it can also be the best thing that ever happened. And that's what it is for most of us, most of the time.

If it weren't, we wouldn't be here.

Narrowly defined, *rejection* means only "*passive avoidance or refusal to accept or active throwing away*". But in practice, the word can mean anything from negative avoidance or throwing away through neutral ignoring to positive selection (which implies rejection of unselected).

What it is for you is not so important as what it does to you and you to it.

All kind of people, ideals and things has been rejected in all ages, all places, all kind of way, for all kind of reasons, with all kind of results.

Rejection has many roots.

It can come from cruelty, benevolence, anger, or absurdity
It can be insulting, charming, helpful, painful, brave, obnoxious, and fearful,
It can be selfish,
It can be even longed for but unattainable.

Rejection comes in many shapes.

Sometimes it is public; sometime it is private
Sometime it comes like a roaring lion; sometimes it is silence
Sometime it is shared; sometime it isn't
Sometime it is quirky; sometime it is transcendent
Sometime it comes as all business; sometime it comes and goes without your even knowing it.

Sometime it comes from within (body reject transplant), nature is full of it.

Some people reject the principles upon which the society is based.

It comes, it comes...

And bears strange fruits.

Response to rejection varies as widely as human nature.

Rejection has been with us, It is older than Eve.

Rejection will doubtless be with us when our world ends-probably with a bang of rejection and a whisper of reject.

There are three things to remember about rejection.

- It is not the same like failure
- It is two way-all while we all being rejected, we are rejecting in the same (well maybe not exactly the same) ways.

- Rejection is necessary. Lack of it can be disastrous.

What could be more frightening than the spectre of rejection, when you don't know what is it? Only after living with it you can recognise it as the best friend.

Rejection comes in many shapes, some very strange, and by many, and strange, paths-bringing more good than evil.

It need not to be and usually isn't the final push over the cliff.

It can be and usually is a momentary, and valuable, setback, a time of learning, sharpening, strengthening

That is the message of this paper.

In general

Women take personal rejection harder than men do, because their deepest concerns are people and feeling, especially sympathy and affection. Men tend to be more hurt by professional rejection, because their deepest concerns are thought and things, especially the things of work. Let both side reject that ukase and cry '**sexist**' –the women will do so because they felt that they shouldn't feel so strongly, the men because they think that they really do feel more.

By;

White, John (1982). *Rejection*. Addison-Wesley Publishing Company.

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