



# **How to Handle Rejection**

## **Module Five Worksheet**

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# How to Handle Rejection

Online dating is similar to dating in real life; at some point you're bound to feel rejected. You'll express interest in someone, and they won't reciprocate. It's a bummer, but it should NOT derail your online efforts.

There are a lot of reasons why you might not hear back from a guy you saw on an online dating site:

- You reached out to a person who is inactive on the site (but didn't delete his profile) or who rarely logs in to read his email (remember, guys don't get many quality emails).
- It's just bad timing. The guy you emailed is getting back together with his ex-wife or has decided to get exclusive with someone he's already met.
- His criteria didn't quite match up to yours.
- He's into clicking on the fembot spam emails rather than conversing with a real woman.

Bottom line: It's not about you. **DO NOT TAKE IT PERSONALLY.**

So how do you handle feeling rejected without giving up? Take action with these three steps:

## 1. Fortune favors the bold

Your chances of finding love go way up when you continue to be proactive! If you're feeling slightly rejected, get back in the saddle by searching for other guys on the site. Find a couple whose profiles and photos intrigue you. Send an email to at least one guy (more is better) to start a new conversation. You'll forget about ol' whats-his-name in a jiffy.

## 2. Give yourself a pep talk

Just because this one guy isn't interested in you doesn't mean you aren't interesting. Tell yourself that. You don't know the reason he wasn't interested and really, IT DOESN'T MATTER. It's not about you!

Re-visit your I Like Myself Game from Module 1. Read out loud the great things you wrote about yourself.

### **3. Stay grounded**

This part of online dating is really a game. Remember what we talked about in the earlier modules: the goal of your profile is to find someone interesting and start a conversation. That's all. So stay cool.

To stop your emotions from getting the best of you, try a breathing exercise. Sit with good posture and plant your feet firmly on the ground. Close your eyes and take ten deep breaths, holding each for several seconds and exhaling slowly. Imagine a cord extending from the bottom of your feet, down into the ground, and tethering you to the core of the Earth. It may sound hokey, but visualizing yourself as being grounded keeps you present in the physical moment. This is an effective technique to preventing your emotions spiraling out of control.

### **A final word...**

If you still want to connect with a guy you haven't heard back from, give it one more chance. WAIT at least two weeks and then write the guy again. If you still don't get a response, though, it wasn't meant to be. NEXT!