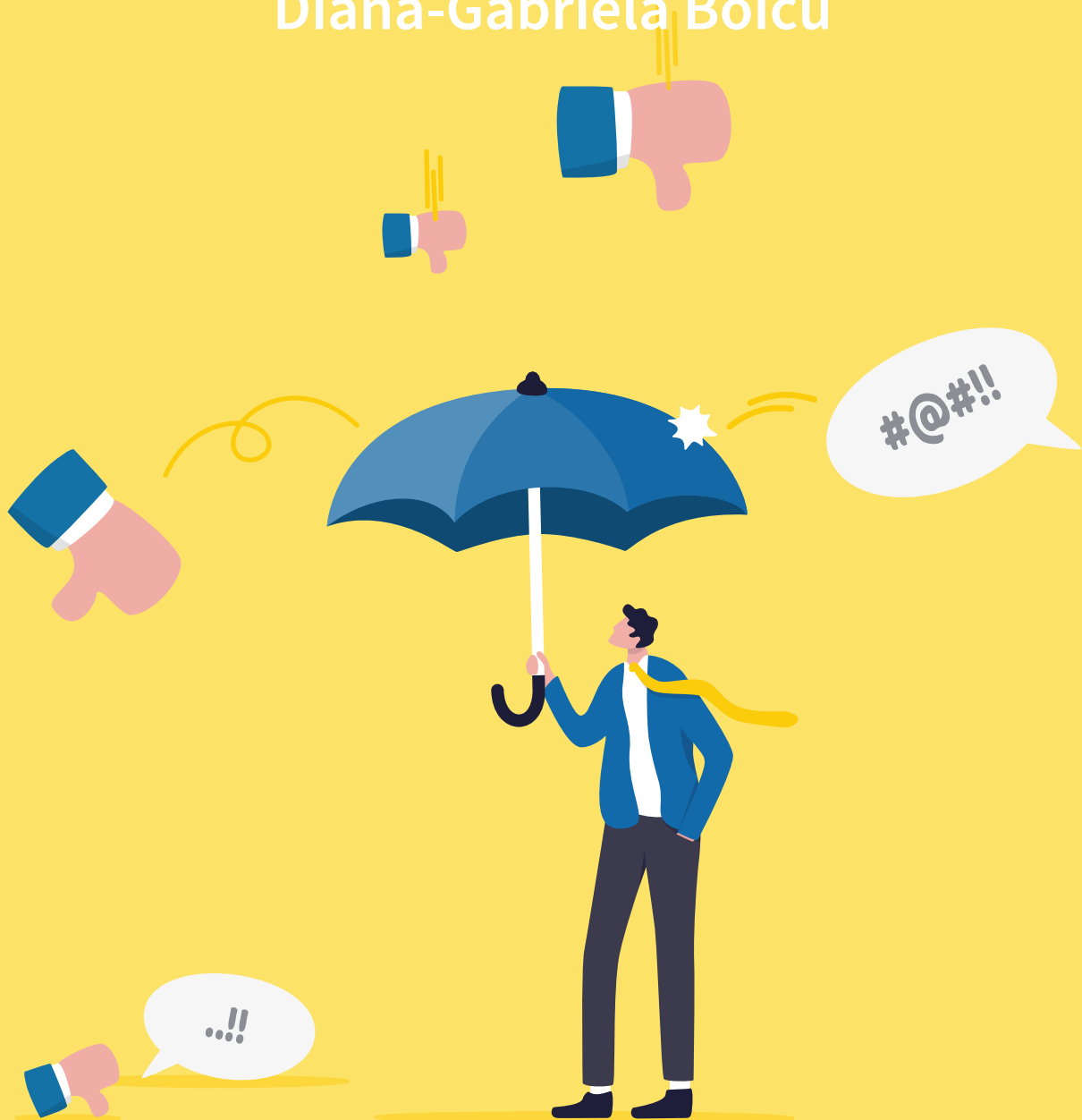


# THE MENTAL HEALTH HOUR

## Coping with Criticism and Rejection

Diana-Gabriela Boicu



### **01. Can years of rejection affect your mental health?**

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The short answer is yes. However, people deal with rejection in different ways. Rejection can impact your self-confidence, self-esteem and self-worth. Long periods of rejection can lead to negative coping mechanisms and thought patterns.

### **02. How to stop romantic rejection from making you feel that nobody will ever love you?**

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By focusing on the relationship you have with yourself, and noticing how you speak to yourself when you experience rejection.

### **03. I'm always worried to give advice in work in case it comes across harsh or criticising?**

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It's important to treat others the way you would want to be treated. A point of reflection would be to consider how you'd feel if you received your own advice and how you'd like it to be told.

### **04. Struggling with repeat job rejection and it's really getting me down. What can I do?**

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What may help you cope in those moments is reaching out to somebody you can trust and who has experienced a similar situation.

It may also help to not put too much pressure on yourself and consider that work is only one aspect of your life. You could focus on your strengths and good qualities to help you feel more positive about yourself.

### **05. Is there an easy/nicer way to reject someone when online dating?**

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Rejection is never easy, however it's important to be direct and honest but keep it respectful at the same time.

### **06. It's hard to believe I'm not the problem when I've been rejected so much in dating.**

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You could take a step back to observe these patterns. Explore what you bring into the relationship and what the other person brings. Using that knowledge and reflection could enable you to evaluate what works and doesn't work for you.

## **07. Parents are very criticising of my choices and job. How can I respond to them?**

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If it's possible, you could have an open and honest conversation with them to make them aware of how you feel.

If not, it's important to create boundaries, creating space (physically or mentally), and remember to be in tune with your own needs and wants.

## **08. Is there a difference between criticism and rejection?**

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Criticism can be constructive and can serve as a starting point for further learning. Rejection is about not being in the right place or with the right person for you at this moment.

## **09. Tips for overcoming the first hit of rejection.**

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Rejection is difficult but it's important to pay attention to your thoughts and what you're saying to yourself in those moments.

It's ok to be upset (it's ok to cry), it's also ok to be angry (and let your emotions out safely). Respecting the other person and their decision can help you reach a level of acceptance.

## **10. Struggle to put myself out there through fear of rejection. How can I overcome this?**

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Having an understanding where the fear is coming from can be a key point to overcoming it.

It may also help to consider: if you put yourself out there and risk rejection, it could surprise you and end up being a good experience. If you don't, you are still experiencing that fear.

## **11. How can I help a friend who has experienced a lot of rejection? It's hard to get through to them.**

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Sometimes just listening to them could be the most healing part (advice isn't always welcome). Allow them to process this in their own terms & be there for them when they're ready.

## **12. My friend can be negative and criticising to me. How can I call this out in a healthy way?**

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Own your truth and experience and try to communicate with your friend honestly and respectfully. To remain grounded, you could use "I" statements to let them know how you feel.

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