

An illustration of a hand with red veins on a teal background. To the right of the hand is a target graphic with concentric circles.

# 6 Positive Ways to Cope With Rejection

1. Acknowledge your feelings
2. Self affirmations and gratitude
3. Practice self-compassion
4. Indulge in your activities you love
5. Spend time with loved ones
6. Talk about how you're feeling

# Rejection Revealed Are You Relationship Challenged

**AW Rasmussen**



## **Rejection Revealed Are You Relationship Challenged:**

*It's Time to Reveal What God Longs to Heal* T. D. Jakes, 2008-06-28 Bishop Jakes calls for believers to strip away all layers of superficiality religious reasonings and pious pretendings We need to be real to be honest before God and man Our example Jesus Christ Himself ministered and died in total openness before us How can the hurting around us receive help and healing unless we too are Naked and Not Ashamed     The Interpersonal Communication Playbook Teri Kwal Gamble, Michael W. Gamble, 2022-12-15 Written in a conversational style and presented in an innovative handbook format The Interpersonal Communication Playbook empowers students to take an active role in the development of their communication skills in both physical and digital arenas Bestselling authors Teri Kwal Gamble and Michael W Gamble provide students with ample opportunities to make personal observations examine personal experiences and assess their personal growth across interpersonal contexts The Second Edition features a new chapter on The Cultural Dynamics of Interpersonal Communication in response to the COVID 19 pandemic and lessons learned on adapting communication skills to changing conditions ways to develop communication resiliency and the value in practicing mindfulness This title is accompanied by a complete teaching and learning package Contact your SAGE representative to request a demo Learning Platform Courseware SAGE Vantage is an intuitive learning platform that integrates quality SAGE textbook content with assignable multimedia activities and auto graded assessments to drive student engagement and ensure accountability Unparalleled in its ease of use and built for dynamic teaching and learning Vantage offers customizable LMS integration and best in class support It s a learning platform you and your students will actually love Learn more Assignable Video with Assessment Assignable video available in SAGE Vantage is tied to learning objectives and curated exclusively for this text to bring concepts to life Watch a sample video now LMS Cartridge Import this title s instructor resources into your school s learning management system LMS and save time Don t use an LMS You can still access all of the same online resources for this title via the password protected Instructor Resource Site Learn more     *Naked And Not Ashamed* T. D. Jakes, 2011-07-28 Someone quick Call the supper to an end and tell us who you really are beneath your churchy look and your pious posture Tell us something that makes us comfortable with our own nudity We have carefully hidden our struggles and paraded only our victories but the whole country is falling asleep at the parade Be prepared to be challenged by Naked and Not Ashamed as you have never been challenged before Here bishop T D Jakes calls for believers to strip away all layers of superficiality religious reasonings and pious pretendings We need to be real to be honest before God and man Our example Jesus Christ Himself ministered and died in total openness before us How can the hurting around us receive help and healing unless we too are Naked and Not Ashamed     **Alcoholic Relationship Survival Guide** Doug Kelley, Tracy Kelley, 2006 The Alcoholic Relationship Survival Guide has been helping people resolve alcoholic relationships since 2001 and is no ordinary alcoholic relationship book It is a powerful and comprehensive resource that explains the dynamics of an alcoholic

relationship from the perspective by people who have been though it successfully It explains the why s and how s of your situation in an easy to understand but no holds barred style that will encourage you comfort you anger you and then help you to resolve your difficult situation in the most healthy and beneficial way possible The Alcoholic Relationship Survival Guide will teach you healthy and effective ways to respond to alcoholic dysfunction and verbal abuse It will show you pitfalls to avoid and solutions that work including how to set healthy boundaries and reinvent yourself into a New You After reading this book you will not only understand your situation much more clearly but you will also know what steps to take next This book applies to any form of substance abuse that is causing relationship problems

**Cognitive Therapy for Challenging Problems** Judith S. Beck, 2011-07-05 Following on the success of the bestselling Cognitive Therapy Basics and Beyond this groundbreaking book from Judith S Beck addresses what to do when a patient is not making progress in cognitive behavioral therapy Provided is practical step by step guidance on conceptualizing and solving frequently encountered problems whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks While the framework presented is applicable to a range of challenging clinical situations particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioral strategies of people with personality disorders Helpful appendices include a reproducible assessment tool and the Personality Belief Questionnaire

*The Ministry of the Unveiled Face* Janet E. Fichter, 2022-02-15 Jesus told His followers to go into the world and preach the Good News However many Christians aren t fulfilling this Great Commission The call to evangelize conjures up uncomfortable images of walking inner city streets with a megaphone We don t relish facing possible ridicule so prevalent in society today so we hesitate to reach out But we are called to witness And it isn t that difficult When we anchor in the goodness of Christ we realize that sharing the Gospel is a profound honor The Ministry of the Unveiled Face grounds us in the simplicity of sharing Christ in the everyday The meekness of the call lies in our being responsive and obedient to God s prompting as we interact with others Anchored in persevering prayer we speak scriptural truths into the lives of others as the Holy Spirit leads Like the unveiling of a beautiful bride at her wedding the spiritual veil is removed and Christ s truth and goodness are revealed

**Handbook of Communication and People With Disabilities** Dawn O. Braithwaite, Teresa L. Thompson, 1999-12-01 This Handbook represents the first comprehensive collection of research on communication and people with disabilities The editors have brought together original contributions focusing on the identity social and relationship adjustments faced by people with disabilities and those with whom they relate Essays report on topics across the communication spectrum interpersonal and relationship issues people with disabilities in organizational settings disability and culture media and technologies communication issues as they impact specific types of disabilities and establish a future agenda for communication and disability research Each chapter provides a state of the art literature review practical applications of the material and keywords and discussion questions to facilitate classroom use In providing an outlet for current research on communication

and disability issues this unique collection contributes to the lives of people with and without disabilities helping them to improve their own communication and relationships Intended for readers in communication psychology sociology rehabilitation social work special education gerontology and related disciplines this handbook is certain to augment further theory and research as well as offer insights for both personal and professional relationships Facing Rejection William Loader, 2025-06-25 How do you deal with disappointment For instance how do you feel when you offer something you cherish and you want others to cherish and they reject your offer How do you cope with someone rejecting your view How do you cope with dissent People s responses vary They may range from I hate you Why don t you love me to disparagement and denigration At worst you may embrace the hatred that generates violence and war At best you may engage with the other to understand and accept difference and embrace diversity with respect New Testament authors reflect various ways of dealing with the disappointment which arose when the early members of the Jesus movement proclaimed good news only to be met with rejection This book explores these reactions and also how they came to terms with the experience of rejection at the heart of their faith Jesus crucifixion It then turns to the theme s upside and reflects on how acceptance and love too can be hard to take and how from the beginning people found ways of keeping it at bay *Dating After Divorce or A Long-Term Relationship: Challenges and Opportunities* AQEEL AHMED, 2023-05-24 Dating After Divorce or A Long Term Relationship Challenges and Opportunities Opportunities of Dating After Divorce or a Long Term Relationship After a divorce or long term relationship dating is a journey rife with obstacles and possibilities This article examined the various obstacles individuals may encounter such as emotional baggage trust issues fear of rejection adjusting to change co parenting challenges and the need to prioritize self care However this experience has also highlighted the numerous opportunities for personal development and empowerment that result from it The end of a marriage or long term relationship can leave emotional scars and unresolved feelings therefore it is essential to take the time to recover and process these emotions prior to beginning a new dating relationship In addition trust issues may arise due to past injuries and betrayals Restoring confidence requires patience and open communication Fear of rejection is another prevalent obstacle as individuals may fear being wounded or feeling inadequate Building self confidence and self worth recognizing one s value and embracing self love are necessary to overcome this phobia Change is an unavoidable aspect of dating after a divorce or long term relationship Finding a new balance establishing fulfilling solitary lives and exploring new relationships takes time Comparing challenges may add additional complexities but a balance can be reached through open communication and careful consideration In spite of the obstacles courting after divorce or a long term relationship presents numerous opportunities It provides an opportunity for self discovery by encouraging individuals to consider their desires objectives and values This self awareness contributes to future relationships that are healthier and more fulfilling Additionally dating after a divorce or a long term relationship offers a new beginning in the romantic realm It enables individuals to explore new connections and possibilities that were not

present in their previous relationship thereby revitalizing their romantic lives In addition dating after divorce or a long term relationship increases one's independence Individuals can focus on their own personal development pursue their own interests and construct an existence that is in accordance with their own desires This newly acquired autonomy is empowering and alluring to potential companions In addition the experience of divorce or the end of a long term relationship teaches invaluable lessons about oneself and about relationships in general It provides an opportunity for personal development introspection and the development of better relationship choices in the future In conclusion dating after divorce or a long term relationship presents challenges but also numerous opportunities for development self discovery and the formation of healthier and more satisfying relationships Individuals can embark on this journey with resilience and an openness to the possibilities that lay ahead by addressing emotional baggage building trust overcoming fear of rejection adjusting to change navigating co parenting challenges and prioritizing self care

### Introduction

After a divorce or the end of a long term relationship dating can be a transformative and exhilarating experience but it is not without its challenges The emotional healing and baggage that often accompany the dissolution of a marriage or long term partnership is one of the greatest obstacles to surmount The end of a significant relationship can leave individuals with emotional scars and unresolved feelings therefore it is essential to heal and process these emotions before beginning a new romantic voyage Without addressing emotional wounds rushing into dating can lead to complications and potential sorrow in the future Consequently it is essential to seek the assistance of a therapist or counselor who specializes in relationship transitions These professionals can provide direction facilitate the rehabilitation process and assist individuals in gaining insight into their feelings and experiences Self care activities such as exercise meditation and journaling can also promote emotional healing and personal development

### Rebuilding trust

is another obstacle that frequently arises when dating after divorce or a long term relationship After experiencing a breach of trust in a previous relationship it may be difficult to place complete trust in a new partner The existence of lingering doubts and fears of being wounded or betrayed again can impede the development of a healthy and thriving relationship Rebuilding trust takes time persistence and honest communication It is essential to be truthful with oneself and a potential companion about any potential trust issues Individuals can set the groundwork for building trust and understanding by discussing their past experiences and concerns openly It is also essential to keep in mind that establishing trust is a two way street Both parties must be willing to exhibit consistency openness and a genuine dedication to the relationship Being open to the possibility of trusting again and establishing healthy boundaries to safeguard oneself can contribute to the development of a trusting and fulfilling relationship even though it may be difficult at times

### When reentering the dating scene

after divorce or the end of a long term relationship fear of rejection is a common obstacle that many individuals confront It is normal to experience vulnerability and apprehension when placing oneself out there and risking rejection Fear of not being good enough or of being wounded again can be overwhelming causing individuals to

withhold or avoid taking risks in their pursuit of love. However, it is essential to recognize that rejection is a normal aspect of dating and does not define one's value. It is crucial to approach dating with an open mind and a resilient attitude, recognizing that not every connection will result in a long-term relationship. Individuals can develop a healthier mindset and approach to dating by reframing rejection as an opportunity for development and learning. Developing self-assurance and self-worth is essential for overcoming the dread of rejection. Engaging in activities that bring pleasure and fulfillment, pursuing personal goals and passions, and surrounding oneself with supportive friends and family can all contribute to the development of a strong sense of self and the enhancement of self-esteem. Reminding oneself that rejection is not a reflection of personal inadequacy but rather a normal part of the dating process can encourage individuals to keep moving forward and remain open to new opportunities. When individuals re-enter the dating environment after a divorce or the end of a long-term relationship, adjusting to change is another obstacle they frequently face. Being in a committed relationship for an extended period of time can foster a sense of familiarity, routine, and shared responsibilities. Resuming a single existence necessitates adopting new routines, establishing individual priorities, and rediscovering one's individual identities. Finding a new equilibrium and establishing a fulfilling single life while investigating new relationships can take time. This process of adaptation may involve redefining one's objectives, discovering new hobbies and interests, and embracing one's newly acquired independence. This transition must be approached with patience and self-compassion.

### Difficulties of Dating Following Divorce or a Protracted Relationship

Dealing with emotional baggage is one of the greatest obstacles individuals face when courting after divorce or a long-term relationship. The end of a marriage or long-term relationship can leave wounds and unresolved emotions that can have an impact on future relationships. Before beginning a new dating relationship, it is necessary to heal and resolve these emotions. When a significant relationship such as a marriage or long-term partnership comes to an end, it is natural for individuals to bear emotional baggage. If not addressed, the experiences, disappointments, and suffering of the past can create emotional wounds that can affect future relationships. It is essential to recognize and acknowledge these emotions, allowing oneself the time and space needed to recover. The process of overcoming emotional baggage involves self-reflection, acceptance, and self-care. It is essential to grant oneself permission to lament the loss and work through the associated emotions. This may involve speaking with a therapist or counselor who specializes in relationship transitions, as they can offer invaluable guidance and support during this difficult time. Self-reflection is essential in overcoming emotional burden. It necessitates an objective evaluation of one's emotions, patterns, and behaviors in the previous relationship. Taking the time to comprehend how a previous relationship influenced one's beliefs, expectations, and concerns can provide invaluable insights for personal development and future relationship success. Acceptance is a crucial aspect of the rehabilitation process. It involves embracing the relationship's end and the accompanying emotions. It is the acceptance of grief, anger, and sorrow without judgment or resistance. By acknowledging these emotions, people can begin to

release them and make room for new experiences and relationships Throughout the rehabilitation process self care is essential Self nurturing involves engaging in activities that promote emotional health and self care This includes activities such as exercise journaling meditation spending time with loved ones and pursuing hobbies and interests Physical emotional and mental self care aids in regaining a sense of equilibrium and self worth It is crucial to recognize that overcoming emotional residue is not a linear process It takes time and each individual s journey is distinct During this period it is essential to be patient and kind to oneself The projection of unresolved emotions onto new partners can result from rushing into a new dating relationship before completely recovering By taking the time to recover and process emotional baggage individuals prepare themselves for future relationships that are healthier and more fulfilling They can approach dating with a greater awareness of their needs boundaries and relationship goals Moreover they are less likely to repeat behaviors that contributed to the demise of their previous relationship The resolution of emotional burden improves the effectiveness of communication Open and honest communication about past experiences anxieties and desires deepens relationships with potential partners It fosters comprehension and establishes a foundation of trust both of which are necessary for a healthy and prosperous relationship After a breakup or long term relationship dating can be an opportunity for personal development and self discovery It allows people to learn from their past experiences comprehend their emotions and redefine their values and priorities Individuals can embark on a new dating venture with renewed confidence self awareness and preparedness for a healthy and fulfilling relationship if they take the time to heal emotional wounds In conclusion emotional baggage is a significant obstacle for those reentering the dating scene after a divorce or long term relationship Before beginning a new dating relationship it is necessary to heal and resolve these emotions Self reflection acceptance and self care are required for healing By addressing emotional residue individuals can prepare themselves for future relationships that are healthier and more fulfilling It facilitates effective communication individual development and self discovery In the end the process of healing and overcoming emotional baggage prepares individuals for a new chapter of dating and affords them the chance to begin relationships anew Self reflection is crucial to comprehending the impact of a previous relationship on one s emotions and beliefs during the healing process Examining patterns identifying areas for personal growth and gaining clarity regarding what one genuinely desires in a future partner and relationship are essential This introspection enables individuals to redefine their values priorities and boundaries ensuring that they enter new relationships with a heightened awareness of themselves Acceptance is an additional crucial aspect of overcoming emotional burden It involves recognizing and accepting the anguish disillusionment and loss experienced in the previous relationship Acceptance does not imply condoning harmful behavior but rather coming to terms with what has occurred By accepting the past individuals are able to release resentment and create space for new opportunities and relationships Self care remains an essential aspect of the rehabilitation process Self care on a physical emotional and mental level is essential for restoring self esteem and resiliency Engaging in activities



that bring one pleasure and fulfillment practicing self compassion and surrounding oneself with a network of supportive friends and family all contribute to one's overall happiness. By investing in self care individuals not only recover from their emotional baggage but also develop a greater sense of self worth and interior fortitude. It is essential to date with patience and an open mind after a divorce or long term relationship. Repetition of old patterns or projection of unresolved emotions onto a new partner can result from rushing into a new relationship before completely healing. Before pursuing new romantic relationships it is vital to allow oneself the necessary time and space to heal and obtain clarity. When individuals have taken the measures necessary for emotional healing they are better equipped to communicate effectively in their new dating relationships. Open and honest communication is essential for establishing trust in a new relationship and laying a solid foundation. By communicating needs, desires and fears with a potential partner individuals can create a safe and empathetic environment conducive to mutual development and connection. *The Manual* Faye Snyder, PsyD, 2012-04-30. *The Manual* shows you how with the right parenting to raise an ethical good natured intelligent empathic creative easy to love easy to respect charismatic and high achieving child. Confronting dangerous and popular myths head on. *The Manual* also explains where bad behavior comes from and why modern society is overrun with behavioral problems of epidemic proportions.

**Truth Revealed** United States. Congress. House. Committee on Government Reform. Subcommittee on Human Rights and Wellness, 2004. *The Seven Levels of Intimacy* Matthew Kelly, 2005-11. We All Crave An Authentic Experience Of Intimacy. Though our hearts crave intimacy though our minds understand our deep need for it the self revelation it requires is often too daunting a task. Complete and unrestrained sharing of self exposes the deepest human fear of being rejected for being ourselves. In *The Seven Levels of Intimacy* Matthew Kelly both acknowledges and calms our fears while teaching us how to move beyond them to experience the power of true intimacy. Matthew reveals that each relationship is built upon a pattern of interaction. In the beginning stages we rely on casual interactions gaining familiarity by focusing on superficialities and facts. We grow closer and begin to share our opinions learning to accept each other and embrace the growing relationship despite the difference in our experiences and viewpoints. Once our differences and opinions are shared and accepted we feel safe enough to reveal our hopes, dreams and feelings developing trust. With this trust we open ourselves and are able to share our legitimate needs becoming liberated from carrying the burden of our real needs alone. At last we are deeply intimate and both willing and able to reveal our deepest fears. We are beyond judgment and feel trust and acceptance. By moving through and building upon each level of intimacy we find comfort and gain trust in our partners and ourselves until by developing and deepening our intimacy within each level we are able to fully open ourselves finally opening to the possibility of truly being loved. It is through mastering the seven levels of intimacy that we will break through to fully experiencing love, commitment, trust and happiness. *The Seven Levels of Intimacy* is a brilliant and practical guide to creating and sustaining intimacy whether you are looking for a deeper sense of connection with your spouse looking for more fulfillment in your relationship.

with your boyfriend or girlfriend trying to improve your relationships with your children or simply wondering what you should be looking for in a partner With profound insight and the use of powerful everyday examples Matthew Kelly explains how we can nurture the intimacy in our relationships The Seven Levels of Intimacy redefines how we view our interactions with others This new understanding leads us to successfully create the strong connections deep joy and lasting bonds that we all long for

**Dating and Mating in a Techno-Driven World** Rachel Hoffman, 2018-01-25 Authored by a sex therapist who regularly works with clients wanting to improve their relationships this book explains how technology can create conflict or additional anxiety and discloses techniques to help individuals gain confidence or strengthen their personal relationships The statistics are telling 85 percent of all adults use the Internet 88 percent use email 91 percent own cell phones 56 percent own smartphones 73 percent send and receive text messages and 67 percent use social networking sites The advent of personal communication devices and ubiquitous connectivity has dramatically shifted the way we communicate and as a result the way we date and pursue relationships has changed The share of 18 to 24 year olds who use online dating has roughly tripled from 10 percent in 2013 to 27 percent today Modern dating techniques and technology enabled interpersonal communication have resulted in very distinct emotional side effects Dating and Mating in a Techno Driven World explores dating in our 21st century world with a unique approach providing understandable information for anyone who is dating or seeking a long term relationship while also serving as a clinical guide for therapists who want to learn how to treat individuals and especially couples presenting with some sort of issue related to technology Instead of simply offering an analysis of the trends that are occurring author Rachel Hoffman addresses the interpersonal problems and conflicts that result from digital or remote communication and courting and explains how to treat them The topics addressed include utilizing dating apps the effects of social media on relationships and how technology can be distracting in relationships Each chapter of the book supplies a case study or vignette an analysis of the situation research findings related to the topic and clinical information that identifies the implications for therapists working with individuals or couples with a similar experience

A Clinician's Guide to Systemic Sex Therapy Katherine M. Hertlein, Gerald R. Weeks, Shelley K. Sendak, 2009 First Published in 2009 Routledge is an imprint of Taylor Francis an informa company

Cinemameducation Matthew Alexander, Patricia Lenahan, Anna Pavlov, 2024-11-01 Whole System Working is an approach that enables people to find sustainable solutions to local problems It is also a theoretical approach to organizational development that views groups of people who share a common purpose as a living system Based on King's Fund work over four years with health agencies and their local partners in housing local government the independent sector transport and local people this book describes the founding principles which characterize the approach gives examples of its application in practice and answers common questions

*A Casebook of Psychotherapy Practice with Challenging Patients* Robert Waska, 2015-05-01 Most contemporary psychoanalysts and psychotherapists see each patient once or twice a week at most As many patients have reached a marked

state of distress before seeking treatment this gives the analyst a difficult task to accomplish in what is a limited amount of time A Casebook of Psychotherapy Practice with Challenging Patients A modern Kleinian approach sets out a model for working with quite significantly disturbed distressed or resistant patients in a very limited time which Robert Waska has termed Modern Kleinian Therapy Each chapter provides a vivid look into the moment to moment workings of a contemporary Kleinian focus on understanding projective identification enactment and acting out as well as the careful and thoughtful interpretive work necessary in these complex clinical situations Individual psychotherapeutic work is represented throughout the book alongside instructive reports of psychoanalytic work with disturbed couples and the more challenging patient is illustrated with several comprehensive reviews of films that follow such hard to reach individuals A Casebook of Psychotherapy Practice with Challenging Patients A modern Kleinian approach is filled with a combination of contemporary theory building a wealth of clinical vignettes and practical advice It is a hands on guide for psychoanalysts and therapists who need to get to grips with complex psychoanalytic concepts in a short time and shows the therapeutic power the Modern Kleinian Therapy approach can have and how it can enable them to work most effectively with difficult patients Robert Waska LPCC MFT PhD is an analytic member at the San Francisco Center for Psychoanalysis and conducts a full time private psychoanalytic practice for individuals and couples in San Francisco and Marin County California He is the author of thirteen published textbooks on Kleinian psychoanalytic theory and technique is a contributing author for three psychology texts and has published over a hundred articles in professional journals

**Children Born of War: Challenges and Opportunities at the Intersection of War Tension and Post-War Justice and Reconstruction** Sabine Lee, Susan Bartels, Heide Glaesmer, 2023-03-20 *Rereading Heterosexuality* Rachel Carroll, 2012-04-04 Presents new perspectives on representations of female heterosexuality in selected contemporary British and American novels **Relational Judaism** Dr. Ron Wolfson, 2013-02-15 How to transform the model of twentieth century Jewish institutions into twenty first century relational communities offering meaning and purpose belonging and blessing What really matters is that we care about the people we seek to engage When we genuinely care about people we will not only welcome them we will listen to their stories we will share ours and we will join together to build a Jewish community that enriches our lives from the Introduction Membership in Jewish organizations is down Day school enrollment has peaked Federation campaigns are flat The fastest growing and second largest category of Jews is Just Jewish Young Jewish adults are unengaged and aging baby boomers are disengaging Yet in the era of Facebook people crave face to face community It s all about relationships With this simple but profound idea noted educator and community revitalization pioneer Dr Ron Wolfson presents practical strategies and case studies to transform the old model of Jewish institutions into relational communities He sets out twelve principles of relational engagement to guide Jewish lay leaders professionals and community members in transforming institutions into inspiring communities whose value proposition is to engage people and connect them to Judaism and community in

meaningful and lasting ways      **Working with Challenging Youth** Brent Richardson, 2015-09-25 Working with Challenging Youth Second Edition is a practical reader friendly guide through the pitfalls and problems that arise when working with at risk youth As in the first edition the new Working with Challenging Youth builds on a solid theoretical base in reality therapy cognitive behavioral therapy solution focused therapy systems theory and humanistic philosophy to answer the question What distinguishes the really effective professionals from the rest This second edition includes new sections on specialized evidence based approaches such as dialectical behavior therapy mindfulness collaborative problem solving motivational interviewing and multisystemic therapy This book also offers 7 guiding principles and 50 specific lessons to help bridge the gap between helping professionals and youth

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## **Rejection Revealed Are You Relationship Challenged Introduction**

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