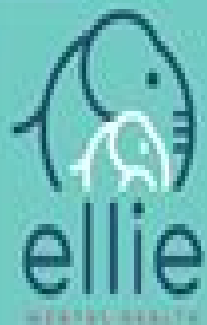




6 Positive Ways to Cope With Rejection

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



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Rejection Revealed Are You Relationship Challenged

Huangqi Zhang



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