

Caring for Myself After Real Rejection

Why it matters:

Not all rejection is imagined. When harm or loss happens, you deserve kindness from yourself.



What Actually Happened?

- What did they say or do?
- Was a boundary crossed?
- Is this part of a pattern?



What Part of Me Feels Hurt?

- What story about myself did this activate?
- What emotion is strongest right now?
- What need went unmet?



What Will Help Me Now?

- How can I tend to this part of me?
- What would care look like (comfort, distance, expression)?
- Who can I reach out to who helps me feel safe?



Optional: Boundary Phrases

- "I don't have to stay in spaces where I feel erased."
- "I can take time before deciding how to respond."