

How to Handle Rejection? - Not everyone is your Flavour

Handling Rejection: Not Everyone is Your Flavour 🍷

Why does rejection feel so painful? Why do we sometimes feel like we're not enough or there's something wrong with us?

It often comes back to **shame**. Somewhere in our childhood, we may have been told, directly or indirectly, that it wasn't okay to be who we truly are. We were shamed for how we looked, what we said, or how we felt. When we needed comfort or validation, we were sometimes rejected instead.

But here's the thing—it's not about blaming our caregivers. They couldn't give us what they didn't have themselves. Think of it like wanting someone to teach you a new language, like French, but they only know English. They couldn't provide comfort or acceptance because they never received it either.

So why do we take it so personally? Because, as children, we're biologically wired to feel first before we can fully think it through. By the time we're around eight years old, we've already formed ideas about who we are based on how others reacted to us—how they looked at us, spoke to us, or responded to us. Some of us were even blamed for making others feel a certain way, and we believed it because we didn't know any better.

That's why rejection as an adult can hurt so deeply. The wounded child inside of us is still looking to be heard, seen, and validated. We all want to know that we're loved, that we belong, and that we matter for who we are—not for who we were supposed to be.

So when you're faced with rejection, before you take it to heart, ask yourself these three questions:

1. **What was that person's intention?** Were they really trying to make you feel unwanted?
2. **Are you overthinking the situation?** Is it possible you're creating a story in your mind that's making it worse?
3. **Could you just not be their flavour?** Maybe they like chocolate chip and you're strawberry. 🍓

Just like you don't have to love every flavour of ice cream, not everyone will love you—and that's okay. It doesn't mean there's anything wrong with you.

So, the next time you feel rejected, remember: You may not be someone's flavour, but that doesn't make you any less sweet. 🍷💖

If this resonates with you or you feel like you're carrying around childhood wounds, know that healing is possible. You deserve to be your full, authentic self.

Big hugs.

Love, Wendy B 🌟

P.S

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