



Relationships

After a rejection, do you feel judged, bitter, and vengeful? Or do you feel hurt, but hopeful of forgiving, learning, and moving on?

Think of the worst rejection you ever had. Get in touch with all the feelings, and see if you can view it from a growth mindset.

What did you learn from it? Did it teach you something about what you want and don't want in your life? Did it teach you some positive things that were useful in later relationships?

Can you forgive that person and wish them well? Can you let go of the bitterness?

Picture your ideal love relationship.

- Does it involve perfect compatibility—no disagreements, no compromises, no hard work?
- Please think again. In every relationship, issues arise.
- Try to see them from a growth mindset: Problems can be a vehicle for developing greater understanding and intimacy. Allow your partner to air his or her differences, listen carefully, and discuss them in a patient and caring manner. You may be surprised at the closeness this creates.
- Are you a blamer? It's not good for a relationship to pin everything on your partner.
- Move beyond thinking about fault and blame all the time.
- Are you shy? Then you really need the growth mindset. Even if it doesn't cure your shyness, it will help keep it from messing up your social interactions.

Next time you're venturing into a social situation, think about these things: how social skills are things you can improve and how social interactions are for learning and enjoyment, not judgment. Keep practicing