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Rejection therapy game pdf

Fear of rejection is a powerful motivator—or more accurately, anti-motivator. The sting of rejection is sharp (in fact, it actually causes something more like physical pain), probably because most of us consider rejection humiliating. If fear of rejection holds too powerful an influence over your choices, Rejection Therapy may be up your alley. The free game has one rule: You must be rejected by another person at least once, every single day.It's a simple but clever idea designed to help you build confidence and overcome your fear of rejection:You can think of it as game, but this game involves your life and the treasures are real.The five objectives of Rejection Therapy are:1. To be more aware of how irrational social fears control and restrict our lives2. Smash the tyranny of fear and reap the treasures (treasures include wealth, relationships and self-confidence)3. Learn from, and even enjoy rejection4. To not be attached to outcomes, especially when it involves the free agency of other people5. Permit yourself to failThe game doesn't require anything to play, but if you'd prefer some help, the game's creator, Jason Comely, sells playing cards for \$16 (or printable cards for \$10). There's also an iPhone app and an Android app.Rejection Therapy | via Fear.less The job-hunting process is usually characterised by a series of "no's" finally followed by that one precious "yes". And if you're unemployed, it's even more wrought with stress and pressure. So it's somewhat counter-intuitive to not only get used to rejection but even embrace it.Of course, the unpleasantness that comes with rejection is totally normal. We are social beings and we, therefore, thrive on acceptance of any kind from job offers to the number of likes on our latest Facebook post. But dealing with rejection is a skill. Scientific research has even linked resilience in the face of rejection to be a defining trait of any successful entrepreneur. There is no shortage of advice on how to deal with rejection as a jobseeker. You can check out some of our tips here.Alternatively, try Rejection Therapy.A few years ago, Jason Comely, a then-freelance IT guy, hit a low point. His wife had recently left him and he started to avoid social interactions. He soon realised that his fear of rejection had become debilitating and that he needed to overcome it if he was going to take back control of his life. He challenged himself to get rejected by someone at least once a day.“And it was sort of like walking on my hands or living on my hands or living underwater or something. It was just a different reality. The rules of life had changed.” he told NPR a few years back.By turning rejection into the goal rather than something to be avoided, Jason took control of the situation and, eventually, over his fear. Through his interactions with people, he learnt more about being turned down and about human behaviour in general. He started to write all of his challenges onto cards and developed the Rejection Therapy game which includes tasks like “Challenge a stranger to rock, paper, scissors”, “Produce a product pitch and submit it to a contest” and “Before purchasing something, ask for a discount”. “Just get out there and get rejected, and sometimes it’s going to get dirty. But that’s OK, ‘cause you’re going to feel great after, you’re going to feel like, ‘Wow. I disobeyed fear.’” Inspirational, right?A few years after Jason Comely, enter Jia Jiang, an entrepreneur who had just lost a major investor, and decided to challenge himself to 100 Days of Rejection Therapy, documenting each challenge on video and in his blog. He spoke about his experience in a TED talk, bought the rights to “Rejection Therapy” and has even turned it into an app.He insists that “The worst part of rejection is the fear of it. Do not let the fear prevent you from making your request”. By refusing to try something because of the fear of rejection, you are essentially rejecting yourself the opportunity to achieve greatness.Job search rejection emails are never an easy pill to swallow, especially after spending time and energy in submitting your application and maybe even going through the interview process. But training yourself to navigate through, and even learn from, rejection can make the journey towards the next chapter in your career path much smoother and far less painful.After all, isn't the process of applying for jobs a form of Rejection Therapy in itself?Of course, preparation is half the battle. At Mockmate, we've developed a useful tool for you to prepare for your next interview. It's totally free and designed to help you avoid rejection.And if you still get rejected? Send us your best rejections and we'll post them to Instagram. Let's get over rejection together. One lonely night not long ago, Jason Comely was where we all end up at some point in our lives: feeling sorry for himself. The deck seemed stacked against him. Nine months earlier, his wife had left him for a taller, richer, better-looking man. It was a Friday night, and Jason was at home. He'd stopped going out and interacting with people, especially with women. Jason broke down and started crying, and then had an epiphany: What he feared most was rejection. Here's how he smartly flipped his pain into an innovation. Jason came to grips with that hurt, and then connected it with an odd idea. He remembered reading how the Spetsnaz, the Soviet Special Forces, mastered commando-style training methods, such as locking a soldier in a room with a vicious dog. Jason linked that extreme approach to his predicament. He wondered if he could devise a training regime to combat his fear, a sort of Spetsnaz for geeks. Jason started slowly. At least once a day he had to get rejected. He tried to give a flyer to a woman (her response: “No”), and asked a stranger in a grocery store parking lot for a ride across town (“I’m not going that way, buddy.”). The No's and rejections flowed forth, but that wasn't the point. Jason found that his training regime was making him more confident and far better at handling rejection. That's when Jason had his second epiphany: turning his hurt into a business. Jason wrote down his rejection strategies and had them printed onto cards. He began selling “Rejection Therapy” – simple challenges laid out on a deck of cards: “Smile at every person you walk past today.” “Say hello to three people at the grocery store.” “Ask for something not on the menu.” At \$10 a pack, Jason was helping people to safely prototype failure, though some of the more advanced challenges require a hearty dose of courage: “Ask a friend to do your laundry” or “Confess to someone you lied to.” Perhaps not surprisingly, “Rejection Therapy” quickly caught on and became a cult hit. Jason was featured in a number of newspapers and was interviewed on National Public Radio. By turning rejection into a game, Jason flipped how people view failure. “Rejection was kind of a dirty word,” he told me. “Rejection has been hacked. It's lost its sting. Rejection's cool now.” Though Jason describes himself as an introvert, he's no longer afraid to talk to people or meet women. He's sold thousands of “Rejection Therapy” cards all over the world and received countless heart-warming emails from people who told him they got a job or found the love of their life. Jason has tapped into a larger movement, an international fear-busting, rejection-stomping trend. Jia Jing, the entrepreneur, is publishing a new book, Rejection Proof: How I Beat Fear And Became Invincible Through One Hundred Days of Rejection. Jing's rejection challenges are pretty darn cool — he asked a cop to drive his car and a pilot to fly his plane. His story illustrates how prototyping lots of little failures — one day at time — can dispel your fears and help you gain the confidence to tackle your dreams. Jing secretly videotaped many of his rejections, including an astonishing trip to Krispy Kreme Donuts, where he asked for and (incredibly) got a marvelously can-do employee to make him donuts in the shape and color of the Olympic rings. “Sometimes you make a crazy request,” Jing says on his blockbuster 5 million page view YouTube video “and you get back an awesome answer.” “Rejection Therapy” should be standard training for all entrepreneurs. It strikes at the heart of innovation. Stand up to your fears, take away your personal safety net, and venture out onto the tightrope of new ideas and creativity. There's no more beautiful risk in life. Rejection Therapy is the real life game with one jarring rule: be rejected by someone every single day. The game was designed to break the tyranny of social anxiety that keeps people from having the relationships and success they crave.In the game Rejection Therapy, rejection is the desired end result. No other outcome matters. Either you're rejected or you fail. Rejection equals success. Exposing The Big LieRejection has had a lot of bad press over the years. It's tragic how rejection is perceived in this culture. Rejection is an indicator of courage, effort and the exploration of personal boundaries, not a synonym of failure.Rejection Therapy re-educates players on the power of rejection and the perils of comfort. Fear and anxiety become valuable indicators you are moving in an important, even transformative situation that could change the trajectory of your life.Sounds heavy, I know. This game can turn your world upside down, and open your eyes to new opportunities – opportunities you may have shunned in the past. It has for me. The Making of Rejection TherapyRejection Therapy is based on a behavioral therapy technique called flooding, except I didn't know about flooding back in 2009. I just intuitively understood that if I took small steps towards being sociable and less self-protective, I would gain confidence.After a year of testing and playing Rejection Therapy, I made some important realizations: first, the game actually works. Second, it's a lot harder to get rejected than I imagined. People are willing to give you what you ask, but you have to ask.I also came to the realization that Rejection Therapy could help others as well.At first, overcoming the fear of anxiety and reclaiming social ground was a selfish pursuit, my own special lifehack for dealing with anxieties associated with certain social interactions. But when I reluctantly shared it with friends and others online, people got it. Not only did people get it, they started playing it, and reporting their successes.Take The ChallengeNow Rejection Therapy has caught the imagination of bloggers and twitterers who have taken the 30 Day Challenge (the goal is to get rejected by other people for 30 days consecutive).You too are invited to try Rejection Therapy. The game is free. There are suggestion cards available for purchase via The Game Crafter, although they are not mandatory to play the game. These cards can provide motivation and direction for those willing to push the boundaries of their social lives.Gaming your social life has never been so fun. rejection therapy game pdf. rejection therapy game reddit. rejection therapy game free

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