# **Activity Name: The Rejection Reset Button**

**Objective:** To provide a structured method for processing the disappointment of a job rejection immediately after it happens, allowing the participant to separate their self-worth from the outcome.

**Materials Needed:**

* "Rejection Reset" Worksheet (see format below)
* A quiet space for 10 minutes

### **Instructions**

**Step 1: Acknowledge the Sting (Venting)** Don't pretend it doesn't hurt. Use the first part of the worksheet to write down exactly how you feel.

* *Prompt:* "I am feeling frustrated/sad/angry because..." (Get it all out on paper).

**Step 2: Separation (Facts vs. Story)** In the second section, separate the **Facts** (what actually happened) from the **Story** (what you are telling yourself it means).

* *Fact:* "I received an email saying they chose another candidate."
* *Story:* "I am unemployable and will never find a job." -> **Cross this out.**
* *Correction:* "I wasn't the right fit for this specific puzzle piece."

**Step 3: The Lesson (Growth)** Identify one thing you learned from the process.

* *Prompt:* "One thing I did well was..." / "One thing I will change for the next application is..."

**Step 4: The Reset Action** Do one small physical action to signify the "Reset." (e.g., Shred the rejection letter, wash your face, or take a walk). Then, open a new blank application.

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### **Debrief & Reflection**

*(Participants can answer these questions individually or discuss as a group)*

1. **How did writing down the "Story" help you realize it wasn't a Fact?**
2. **Why is it important to identify "one thing I did well" even when you didn't get the job?**