

REJECTION & OTHER MONSTERS



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BASIS

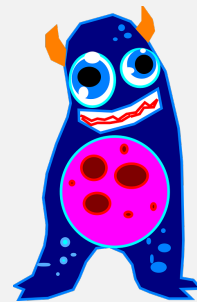
- Emotions are not good or bad
- Emotions are messages, logical, come from needs met or unmet
- You can't tell someone how to feel
- Our job is to
 - Help clients make sense of their lives (physical, health, emotional, psychological)
 - Empower clients to choose behaviors that are good for them and community





LET'S MAKE LISTS

1. Saying YES is hard
2. Saying NO is hard
3. Things people do when they are insecure
4. What rejection looks like



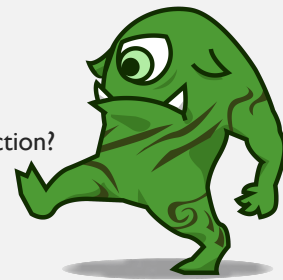
LET'S TALK ABOUT ROCKS



- Legality / Rules ←
- Scripts ←
- "Do it"
- "It's easy + sexy"
- "You have no right..."
- "You have the right" ←
- Didn't know the law
- Don't know the words
- Entitlement
- Guilt
- Shame
- Fear
- Rejection
- Reputation
- Ambivalence
- Safety
- Gender expectations

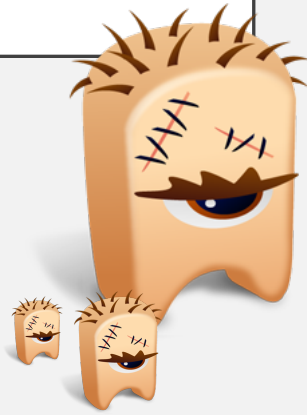
REJECTION

- Seeking consent = possible rejection
- What does "can't take rejection" mean?
- Like physical pain
- Sexual realms represent self worth
- How do we have a healthy relationship to the pain of rejection?
- What is masculinity's relationship to pain?



~~REJECTION~~ OPPORTUNITY IS EVERYWHERE

- Asking someone out
- Dating apps
- Team try-outs
- Applications
- Friendships
- Sibling and family relationships

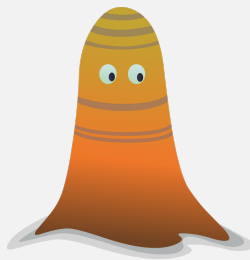


A METAPHOR

A child who lies and does not own up

How to help them own up?

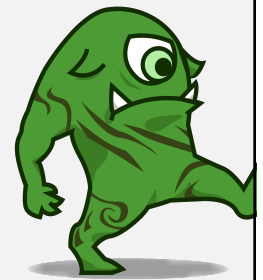
BRAVER + SAFER



BRAVER

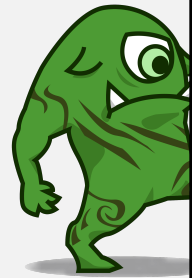
REJECTION SKILLS I

- Naming it as rejection – remove masks
- Truth resilience
- Adjust expectations – it's supposed to happen, not a sign that something is wrong (with you, with them, with the situation)
- Reframe failure - it doesn't mean you are _____
- Give "outs" – walk through options, now what do I do?
- What reactions mask pain?
- Give permission: Pain requires attention and care



REJECTION SKILLS 2

- Courage, resilience
- Help them recognize their courage, acknowledge it
- Acknowledge courage of thought, intention
- Give permission for fear, imperfection, not feeling ready
- Facing fear transforms and dissipates it. Develop fear resilience, and courage. Counter to “feel good” culture
- Normalize the actual feeling of rejection – “keep going”



REJECTION SKILLS 3

- What needs were met before?
- Realistic options that address needs
- How will you meet your need given this new information?



Anger prevents love and isolates the one who is angry. It is an attempt, often successful, to push away what is most longed for—companionship and understanding. It is a denial of the humanness of others, as well as a denial of your own humanness.

bell hooks

SAFER

CONNECT WITH MASCULINITY

- Social connections are important
- Articulate pressures and pains
- Humanize masculine people
- The right to say no
- Articulate aspirations

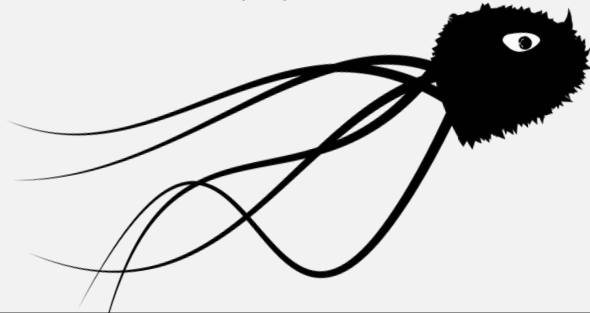


TAKING ACCOUNTABILITY

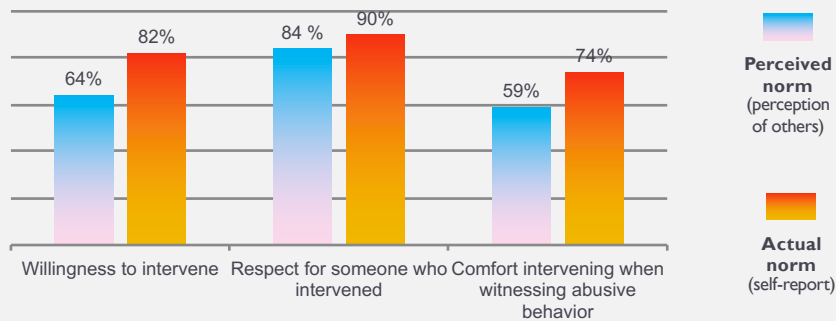
- Reframe the shame of being accountable
- Judicial system promotes denial and minimization – we need the opposite
- Who might be a perpetrator? Demonizing doesn't create accountability
- If you believe you are fundamentally bad = no room for change + try not to get caught
- Self-compassion and forgiveness give more room for improvement
- Scary for educators not to antagonize and oppose “the enemy” – requires resilience, support, places to decompress
- [What do you do if you've hurt someone?](#)

SHAPING THEIR IDEA OF THE WORLD

- People will cheat more if:
 - They believe “people like me can cheat” – Carnegie Mellon sweaters
- Therefore they will “cheat” consent rules more if... “people like me can cheat consent rules”



PEOPLE LIKE ME...

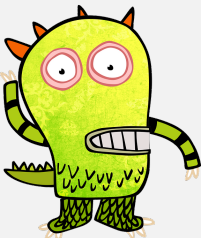


Haven Impact Report. Kansas State University. 2014.

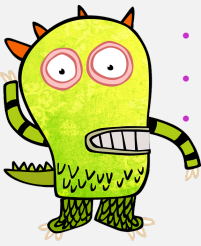
GUILT

EVERYONE HAS TO GET USED TO IT

- Asking is new, answering is also new
- Recognize patriarchal dynamic (one up, one down)
- Recognize chronic inappropriate sexual boundaries as part of gender roles



BOUNDARY GUILT



- Boundary setting is dysfunctional for many people
- Key to consent culture
- Cannot just say “it’s your right” – everything else says it’s not
- Habitual guilt response to setting boundaries
- Have to instill a new habit = practice
- Build resilience to that feeling of someone else being upset / disappointed
- Change “How do I say no without hurting his feelings?” to [How do I withstand the feelings of guilt when I set my boundary?](#)

We need to highlight the role women play in perpetuating and sustaining patriarchal culture so that we will [recognize patriarchy as a system women and men support equally](#), even if men receive more rewards from that system.

Dismantling and changing patriarchal culture is work that men and women must do together.

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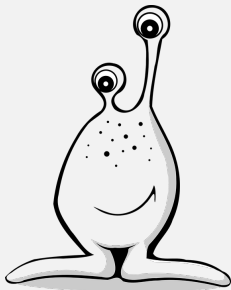
MAKE ROOM FOR REGRET ETC.

- Regret vs. Nonconsent
- Awkwardness, confusion, and emptiness

	REGRETFUL DISAPPOINTED EMBARASSED	HAPPY	CONFUSED	DESIRED WANTED
DURING	8	65	6	17
AFTER	35	27	11	2

Paul and Hayes. 2002. The casualties of casual sex.

THANK YOU!



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