



# Deep Dives: Rejection Resilience


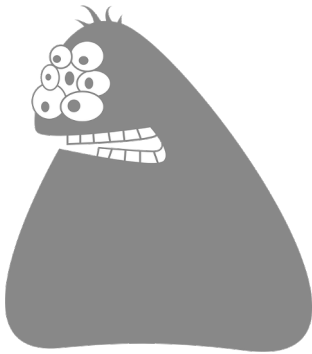
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## Guidelines

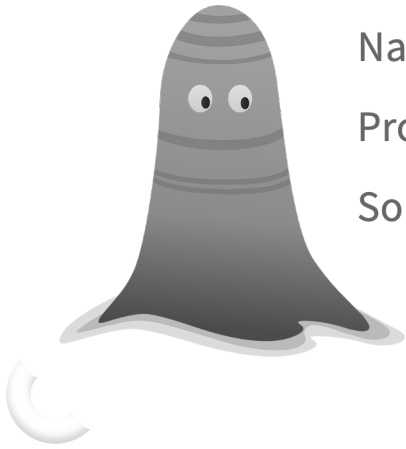
- Beginner's Mind
- Be Kind
- Ask Questions
- Share the Space
- Confidentiality



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# Intros



Name

Pronoun(s)

Something you've done that took courage

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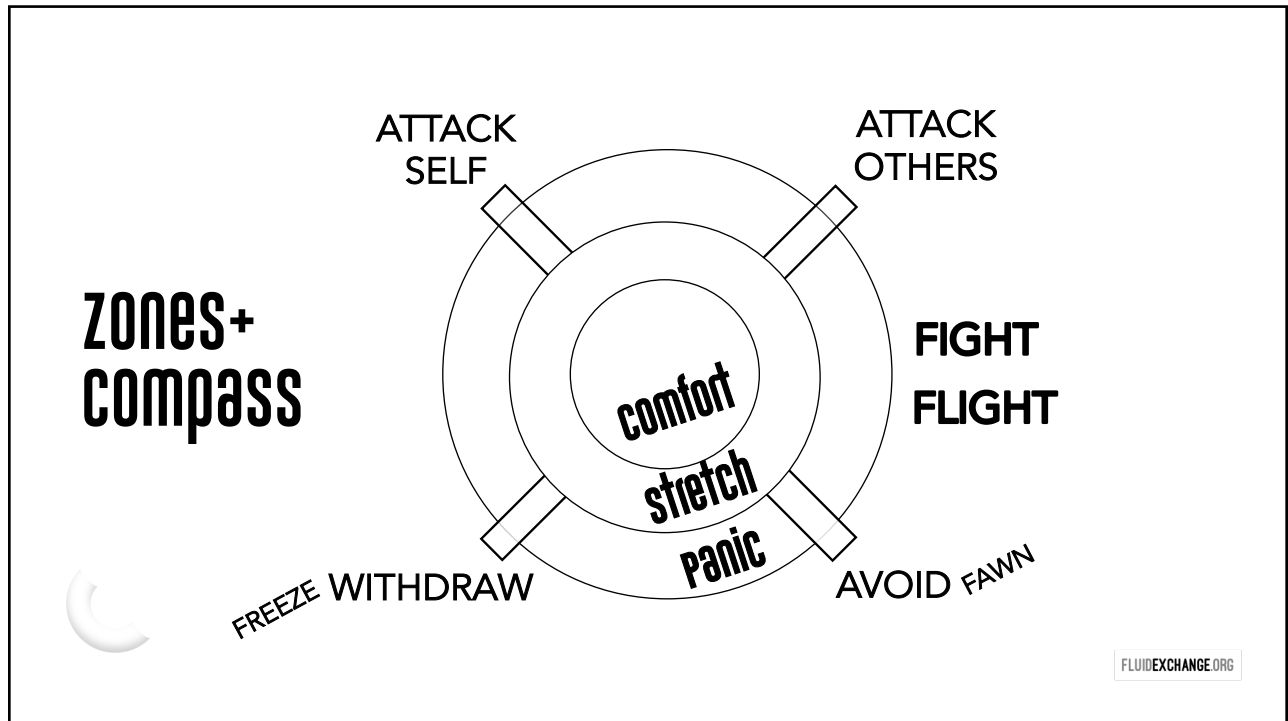
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# Poll!



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# Anatomy of Courage

What did it feel like to do the thing that took courage?

A detailed anatomical drawing of a human heart, showing the four chambers (right and left atria and ventricles) and the major blood vessels (superior and inferior vena cava, aorta, and pulmonary artery and vein). A small white crescent icon is in the bottom-left corner of the slide frame. A small box with "FLUIDEXCHANGE.ORG" is in the bottom-right corner.

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# Rejection Resilience Skills

Recognition: notice it

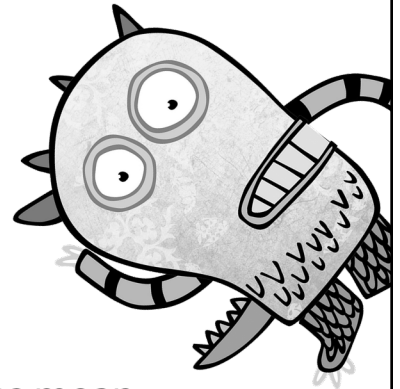
Truth tolerance: name it

Adjust expectations: expect it

Perspective: it doesn't mean \_\_, it does mean \_\_

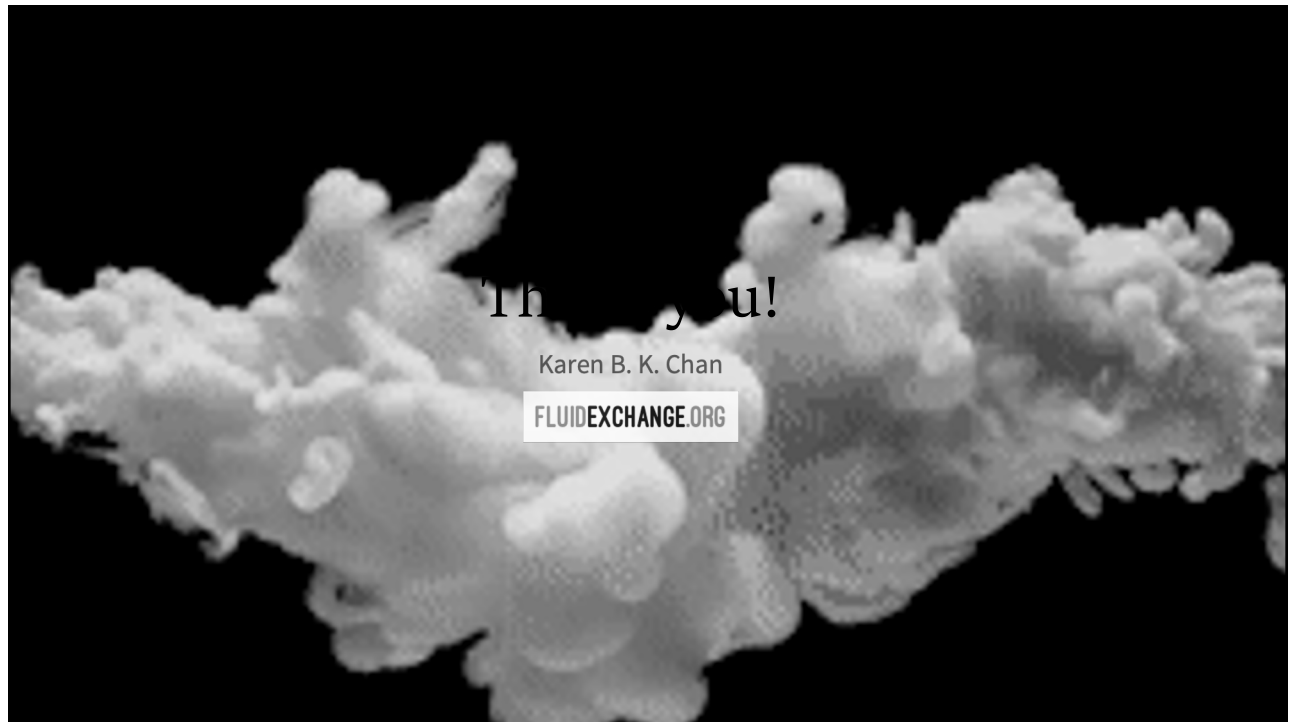
Exit plan

Care: Pain requires attention and care



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