

## H A N D L I N G   R E J E C T I O N

I've been waiting all year to see PRC (Program Review Committee) and they decide if I can go to an institution that's less restrictive than my current placement. I was recommended by my Social Worker to go to Medium institution to do the last of my programs, so I felt confident going to PRC with that recommendation.

P R C "rejected" my Social Workers recommendation...they decided to keep me here longer. I was so upset and felt let down. However, with PRC rejecting me...I was upset and felt let down because I put myself in a situation in which I let someone else dictates my life.

Usually I'd take rejection out on others or make excuses but I guess I've grown up. Rejection isn't the end of the world it simply means life has created a new option for you, should you be creative and patient enough to seek it out.

Rejection is also a part of life....its how you deal with it that outlines the man or woman you truly are. Don't let life issues hold you back, bring you down, or cause you to lose your focus...when one door closes, many more will open up.

### QUESTIONS???

What are your views on rejection?

How do you deal with rejection?

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