Prescription for
When you've been rejected

NAME _____ DATE _____

ADDRESS _____

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The remedy

The feeling of rejection is one of the most painful you'll endure. A bruised ego and a broken heart take time to heal, but recovery is almost always less difficult than anticipated. As human beings we tend to believe we will never get over or survive the painful things that happen to us. Remedy this by trusting the process of recovery, and taking specific steps to heal. Let yourself take the time you need to recover because a broken heart is no different than a broken bone.

1. Start every morning with a basic intention to heal your heart. Do this with a brief quiet moment or sit in meditation focusing on this intention. Put your hand over your heart and speak these words out loud at least three times:

   "My heart has been broken and I am giving it time to heal.
   I will care for and protect myself until I feel whole again."

2. Make a list of safe friends you can call in your weaker moments. These should be friends that are happy to support you, and who will not get sick of hearing about your struggle.

3. Limit your social media intake, and only allow positive and supportive things into your life. Create a protective bubble of affirmations, quotes and inspiration that support you daily. You can try a "quote of the day" app, or set mindful reminders on your phone to breathe.

4. Add one of the following to your calendar each week:
   a. A self care practice (massage, time with friends, a nice dinner)
   b. Time in nature or outside somewhere in a natural environment.
   c. Something social with friends or taking part in some group experience like volunteering.

andra brosh PH.D.
www.drandrabrosh.com

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