



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Fear of Rejection

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Rejection. It can hurt.

The worst thing here is that rejection makes you doubt your self-worth. It can happen once. It can happen multiple times. Rejection leads you to more anxiety leading you to live a life with constant worries.

That is why you are here. Attending my session. I'm glad you are here. You know this rejection, it hurts. And, you are here to **overcome it**.

What is rejection? There are many areas where you may be rejected by someone. It can happen at work, home, anywhere. Every rejection brings with it emotional wounds that are often hard to heal. You may find this fear repeating again and again because it happened once. When you feel rejected, you start assuming how people view you. You often believe you cannot achieve your dreams. You are left thinking you are of no good and not intelligent for others. You doubt every decision. You might even experience physical symptoms of anxiety leading to stomach pains or headaches.

I hope you've noticed a common thread. It's here. **All in your mind**. This fear of rejection. Your imagination might take flight. To imagine the worst possible situation. It's here you need to change the thought process to remind yourself- you matter. Imagine a life and how it would be if you never had the fear of worrying about the opinion of people around you? By **fearing rejection**, you are limiting your life by worrying about things and reactions that haven't honestly happened.

With this session, I'd like you to use your imagination constructively and overcome the fear of rejection by being more self-accepting and open. You no longer allow this fear to hold power over you. You learn how to accept this fear. You know if someone rejects you, it does not mean you are unlovable or unworthy. It is simply their opinion about you. To get over this fear of rejection, I'd like you to continue listening further as I unfold my session to resolve this fear.

Before we could move ahead, let me bring this to your awareness. Do not listen to this session if you are driving or operating machinery. Also, do not use session as a substitute for any medication.

Welcome

To my session

As you are listening to me

You are already **relaxed**

In your favourite corner

Taking a **deep breath**

And **slowing exhaling**

Inhale **slowly**

Exhale

Relax

Feel your **body relax**

As you **slowly** draw your breath