



Unit 7 Learning from Rejection

roots

type

proven

ancient

crippling

hardwired

ambitions

pain

avoid

Whether it's getting told you're not someone's _____, your creative efforts aren't up to the mark, or that you're just not right for the job—rejection always stings. What's more, fear of rejection can be _____ and will often stop someone from pursuing their _____ to _____ getting shot down.

無論是被告知你不是某人喜歡的**類型**、你的創意努力成果未達到標準、或者你只是不合這份工作——拒絕總是讓人感到痛。此外，害怕拒絕可能，造成**嚴重傷害**，常使人為了**避免**被拒絕而不去追求自己的**抱負**。

As social animals, our fear of rejection goes all the way back to our hunter-gatherer _____. If one of these humans was rejected from their tribe, that _____ person would likely face death from hunger or the weather. In fact, scientists have _____ that our negative feelings toward rejection are _____ in our brains. According to a 2011 brain-imaging study, social rejection creates activity in the same area of the brain that physical _____ does. That's why when you get rejected, it really, really hurts!

作為群居動物，我們對拒絕的恐懼可一路追溯到我們靠狩獵採集賴以維生的**根源**。如果這些**古老**的人類有人被部落拒絕，那個人很可能會因飢餓或天氣而面臨死亡。事實上，科學家已**證實**我們對拒絕的負面感受**天生就深植在**大腦中。根據一項2011年的腦部顯影研究，在社交上被拒絕跟身體**疼痛**在腦部產生活動區域的部位相同。那就是為什麼當你被拒絕時真的很「痛」！

bitterness appreciate proud respond accomplished
figure out breakup positive down self-esteem

But rejection doesn't have to be an altogether negative experience. Getting rejected and dealing with it in a _____ way can build your personal resilience and help improve your future efforts. For example, some of the world's most _____ people—J.K. Rowling and Elon Musk to name a couple—are themselves experienced rejects!

但拒絕不一定是全然負面的經驗。遭到拒絕並以**正面的**方式處理可以增進你個人的適應力並有助於提升你未來努力的成果。舉例來說，一些世界上最**有成就感的**人(就舉兩個人J. K. 羅琳和伊隆·馬斯克來說)，他們本身就有被拒絕的經驗。

When faced with rejection, don't _____ with _____ or anger. Instead, focus on healing your _____. Try making a list of your achievement to date. Be _____ of those achievements; take some time to think back over your experience. See if you can learn from the rejection.

What might you do differently next time around?

面對拒絕時，不要用**怨恨**或憤怒來**回應**。反之，將重點放在療癒你的**自尊**上。試著列一份你到目前為止的成就清單。**以**那些成就**為豪**；花點時間回想你的經驗。看看你是否可以從拒絕中學習。下一次你可以有什麼不同的做法呢？

Still, it's hard not to feel _____ on yourself when someone you love rejects you. If you're going through a _____, write down all of the traits that you didn't _____ about your partner. This can help you _____ why it didn't work and what you want in a future partner.

然而，當所愛的人拒絕你時很難不對自己**失望**。如果你正經歷**分手**，把所有你不**欣賞**伴侶的特質寫下來。這可以幫助你**釐清**為什麼這段關係不會成功以及對未來的伴侶你想要的是什麼。

After all

left out

media

Should

path

Remind

Aside from romantic rejection, sometimes social _____ can cause you to feel _____ or jealous. For example, maybe one of your posts doesn't get many likes. _____ this happen, try to avoid negative self-talk. _____ yourself of all the positive things and people in your life.

除了失戀之外，有時社群**媒體**可能會讓你覺得**被排擠**或嫉妒。舉例來說，也許你其中一篇貼文沒有得到很多讚。**要是**發生了這種事，要努力避免負面的自我對話。**提醒**自己在你的人生中所有正面的人事物。

And most importantly, remember that you have lots to offer. Don't let rejection stop you from living your life. _____, rejection is just something that happens on the _____ to success.

而最重要的是，記得你可以給予的有很多。別讓拒絕阻止你過你的人生。**畢竟**，拒絕只是**通往成功的路上**會發生的事。



★ to reject/dismiss sth. out of hand 不假思索地拒絕某事

She's so stubborn that she just rejected my suggestion out of hand.

她固執己見，並拒絕了我給的建議