

# How to handle rejection and attract your ideal partner!

*Amarinder Vadera: Empowering People (Coach and NLP Practitioner)*

How often do we feel the pain of being rejected, especially after it may have taken a lot of courage to express your interest in an ideal partner? How equipped are you to handle this and move on with your head held high without letting it impact on your confidence and self esteem? And finally are you really sending out the right signals and being yourself in order to attract who you desire?

Rejection is often one of the products that come along with dating and finding your life partner. It is sometimes more magnetised when there is pressure from the family to get married. It's about being able to take constructive feedback and not take it personally. Most of us aren't as thick skinned to completely ward off the effects of rejection; after all we are only human. Therefore, when one person tells another that they are not a good match, politely or otherwise, we can't help feel the pinch of rejection.

It is important to address any pain you feel but dwelling on the situation will only make you feel worse. Rejection hurts, so its good to embrace it, face it, fix it and move on! Always remember that the world is huge and the right person is out there for you. Having that positive sense of belief tells the universe that you have faith in it and will make your dreams come true faster than you can imagine!

Be grateful instead that you discovered early on that the person was not the right match and keep that self-belief that your perfect partner, be it your soul mate or companion is around the corner. Keep up the momentum and don't give up. It is extremely important to stay positive and keep smiling throughout this process. If you end up feeling defeated, feel like giving up or even get depressed about the situation you will not be helping yourself. Try not to entertain those negative thoughts and flip it instead to come up with positive affirmations. Stand in front of the mirror and be completely content with yourself. If you love yourself no matter how others perceive you, you will naturally attract the



ideal partner. How can you love somebody else fully if you don't learn to accept and love yourself first? Repeat out loud that you are confident you will meet somebody soon.

The universe works in mysterious ways: an effective way to attract what you want in life is to create a vision board. Get a large card and stick magazine cut outs and pictures/images related to your ideal partner and keep it somewhere where you can easily access it. Put all your energy into each picture and believe that it will come to you soon. Keep in mind that when on door closes another one opens.

Make a list of all your top values in life as this will help in finding common ground and meeting the right match. Know yourself and what you are looking for. Be realistic about your goals and be brave to go for them.

If you are about to meet somebody for the first time it is only natural to feel slightly anxious. You can reduce your nerves by doing some simple breathing exercises and keep smiling to send positive signals to the

brain and help you relax. Channel this nervous energy into movement and you will see the difference. Remember that the other person might be just as nervous as you are so use your sense of humour to diffuse the situation. Everybody likes people who make them laugh and can be the best ice-breaker! Often when we take the situation more lightly we naturally eliminate nerves and can come across more relaxed and stronger in confidence. In turn this will make your potential partner more at ease! Finally just thinking about your ideal partner is not enough...you need action to go with it! Spread the word within family and friends that you are available, go to the right places with the right attitude and sign up to appropriate match making events! Both online and in real life.

## **Top Tips for attracting your ideal partner**

- Pick yourself up and keep going if you have been rejected
- Keep smiling
- Be yourself
- Dress to impress; we all like it if one makes that extra special effort
- Look good and feel good
- Allow your inner beauty to radiate
- Highlight your strengths and ambitions
- Have a sense of humour
- Be honest
- Give compliments (in an honest way) to boost their confidence
- Show an interest and ask the right questions
- Avoid talking too much about the past and keep your answers about yourself simple, leave them curious wanting to know more!
- Believe in yourself and confidence will shine through
- Enjoy the whole process, take it seriously whilst having fun!
- Remember your search for 'The One' will succeed after you are totally content with yourself

Good luck! Please feel free to email me with further questions:

By Amarinder Vadera  
Coach and NLP Practitioner  
ams\_uk@hotmail.co.uk