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do with you. Don't compare yourself to others. Rejection can sting even more when we see someone else succeeding where we feel we fell short. We are all on our own journey, and it is OK if your story looks different from someone else's. Don't downplay your feelings. Rejection is painful. You may feel tempted to downplay your emotional reaction if you feel like others have it worse, but your feelings are still valid and deserve to be felt. Don't give up. You can grow past this and be successful in the future! As you go through life, you will inevitably encounter rejection. Understand that you can overcome these painful feelings and move forward. Remember that you are not alone, and your experience is valid. It takes vulnerability and courage to keep trying in the face of rejection, and you can get somewhere amazing when you continue pushing forward.