

WHEN YOU FEEL LEFT OUT - YOUTUBE

When you feel left out



Understand Feelings

- Being left out by a group of friends is painful at any age.
- Everyone experiences rejection sometimes,
- Being left out can make you feel lonely and sad.
- To cope with being left out, there are several things that you can do
 - understanding why you feel the way that you do.
 - talking to your friends about your feelings.
 - Your feelings are just as important as everyone else's.

Understand why being left out hurts.

- We are social beings and when our needs are not met, we experience pain and sadness.
- Its important to develop strategies for coping with rejection.
- It can bring on feelings of anger, sadness, and jealousy.

Remind yourself that being left out is a small part of life

- Everyone feels left out from time to time. being left out is unlikely to be a regular occurrence.



nice people ROCK!

Be realistic.

- Sometimes we may feel left out when we don't have a good reason to feel this way.
- Look for evidence that you've been left out. Does the evidence support your feelings?
- Ask yourself if there may have been another reason someone acted in a way that made you feel left out?
- Maybe they had something else on their mind, or had to get somewhere in a hurry.
- Ask an unbiased person if they think your being left out
- Assume the best intentions of others until you have evidence otherwise.

Feeling Better

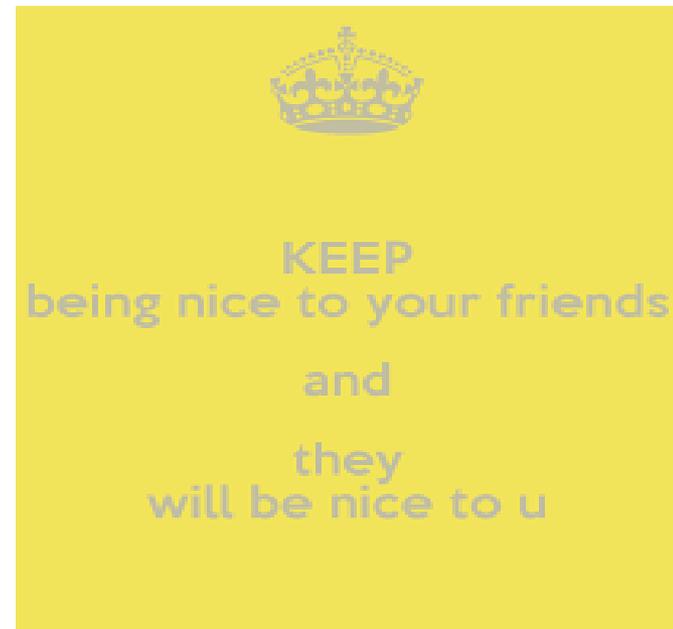
Move past the situation



- Try to move past the situation by doing something that will improve your mood.
- Dwelling on what happened or how it made you feel will not make you feel better, it will make you feel worse.
- distract yourself by doing something else that you enjoy. For example: If you feel like you've been stuck at home while your friends are out having fun, do something to spoil yourself.
 - Take a bubble-bath with your favourite scented candles and a book. Take a long walk or a run with your iPod.
 - Go into town and go shopping, or just browse the shops on your own. Whatever you do, make it all about you and making yourself happy.

How to cope when your feeling left out.

- **Consider telling someone about what happened.**
- Telling a supportive friend or family member may help you feel better and help you express your emotions.
- Form Tutor
- Teacher



Talk to your friends about your feelings.

- Another very important means for dealing with the situation is to tell them how you feel.
- Ask them about their reasons for leaving you out.
- Let them know that you felt left out
- And it's also important to ask your friends politely why the situation occurred as it did.
- Don't assume they are to blame for leaving you out. Just ask considerate questions that can lead to a fruitful dialog.



- **Listen openly to your friends' responses.** They may be surprised that you felt left out.
- Be honest with yourself. Have you done things to cause your friends to want to leave you out?
 - For instance:
 - have you been demanding, pushy, or thoughtless about their needs lately? Or perhaps you have overcrowded them a little.
 - This may be the reason they left you out in the first place, to find space and peace. If this is the case, own up to it, apologise, and be determined to make changes.

Moving On

- **Make others feel included.**
- Start conversations
- Ask questions about people and try to get to know them
- Be a good listener
- Be kind and thoughtful
- Show genuine interest in what others have to say



- **Arrange things to do with your friends.** Do your best to make plans with your friends,
- But know when to stop asking.
- Don't keep asking if your friends always say no or often back out at the last minute.



Decide if you need to make some new friends,

- you may have to accept that you can't count on these people as friends and have to make some new ones.
- Consider volunteering, joining a club in school or in your area for people who share your interests
- Surrounding yourself with people who share your interests and passions will ensure that the people you meet will have some things in common with you, which can lead to new friendships.

