



How To Stop Feeling Upset With No 'Likes' Nor 'Follows'

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We're a collection of needs and desires and we all want to feel valued.

When we constantly fail to gain likes or followers we feel rejected.

Keep reading to discover why we take it personally and how we break free from despair.



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Why Do We Feel Rejected?

WE ASSUME EVERYONE LIKES US

We carry around assumptions of ourselves and how others should behave. Some are correct (we obey the law) and some are irrational (everyone likes us).

We don't test our assumptions and when our opinions and shared experiences are ignored online, we behave irrationally by falling into despair.

Think about it.

When you take time to write a post and it gets no likes nor comments don't you feel angry or upset?

Now you know why.

You assume everyone values what you value.

**The rational answer to not feeling hurt is to know
it's impossible to be liked by everyone all of the time.**

Shake It Off

THE WAY WE INTERPRET 'NO LIKES'
CAUSES US TO FEEL UNLOVED

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No matter how many friends you have, there will always be someone who doesn't value what you value, and that's okay.

Different people have different tastes.

There's no harm in trying to win them over (especially if they're in your target market) but do it in a relaxed way. Your life will no longer be your own if you're consumed by getting likes or followers.

If you don't gain likes or someone un-follows you, take a deep breath and let it go.

Live your own life, do your own thing and your true friends and followers will love your individuality and passion for being authentic. You hold no bitterness for those who don't share your beliefs.

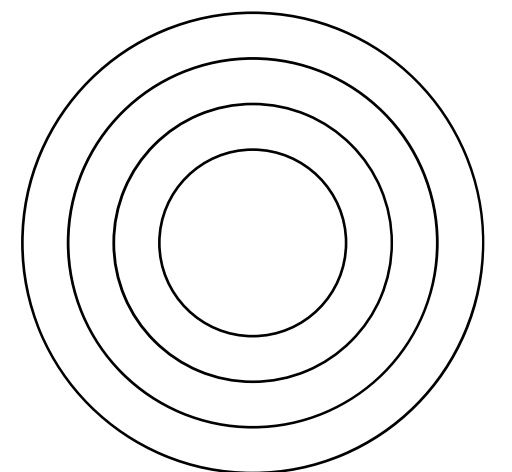
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